



PARKINSON News

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

RECENT GIFTS & GRANTS

- ♥ Debbie & Carmine Mannello – Gift to PAGDB in Memory of Ida Mannello' Birthday
- ♥ F.O.E. Auxiliary 3800 – Ormond Beach – Grant 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](#)

“If I cannot do great things, I can do small things in a great way.”

-Martin Luther King Jr.

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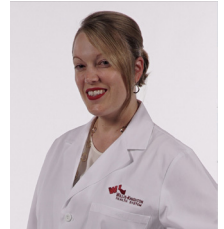
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Advances in Brain Therapy: Deep Brain Stimulation (DBS) Options

Tuesday, September 20, 2022 • 2:00-3:30pm

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

Join us for our September meeting where we will be welcoming Dr. Jessica Wilden, a board-certified neurosurgeon who specializes in multidisciplinary care for patients with disorders of the brain, including movement disorders like Parkinson's disease, dystonia, and essential tremor. She and her team performed nearly 400 MRI procedures for Parkinson's disease and similar disorders using the ClearPoint Neuro Platform. She is one of the most experienced and proficient users of this technology in the United States, particularly regarding deep brain stimulation and pallidotomy, the surgical procedures for Parkinson's disease.



Dr. Jessica Wilden

Dr. Wilden will discuss both awake and sleep Deep Brain Stimulation options for Parkinson's patients. Dr. Wilden will go in-depth on each step of an awake DBS procedure and the steps of a fully asleep DBS procedure to give us a better understanding of the similarities and differences of each option. She will give her perspective as a neurosurgeon on both options. Qualifications for DBS patients will also be discussed. Hear from a patient who had fully asleep DBS as they share their experiences with the surgery and life after surgery. Bring yourselves and some questions as we deep dive into DBS and the advancements in Deep Brain Stimulation unlocking new options for People with Parkinson's (PWP).

Reservations for this event are required, please register early for this event. To **register for this event in-person** please visit: www.parkinsondaytona.org/in-person-meetings, or **click the red button below.**

[Register for In-Person Meeting](#)

To register for online Zoom program please visit:

www.parkinsondaytona.org/online-meetings or **click the green button below.**

[Register for Zoom Meeting](#)

Registration Now Open for Fun Walk

Our 14th annual premier fund-raising event **“Sole Support” for Parkinson's Fun Walk** is fast approaching. The walk will take place on **Saturday November 12, 2022, from 10am-2pm at the City of Port Orange' Lakeside Community Center & Amphitheater.**

Look for a downloadable/printable registration form in this newsletter. You can also register and pay online at our website: www.parkinsondaytona.org. All registrants for the walk will enjoy camaraderie, live music, vendor displays, refreshments, colorful event T-shirts, goody bags, door prizes, and the wonderful stroll around a beautiful lake in a park-like setting. Please show your support for the PAGDB and register for the Fun Walk now! We look forward to seeing everyone on Saturday November 12th.

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.

New Technologies in Deep Brain Stimulation (DBS)

Tuesday, October 18, 2022
2:00-3:30 PM



Dr. Roy Hwang

The PAGDB is excited to introduce Dr. Roy Hwang to our PD Community! A board-certified Functional Neurosurgeon, Dr. Hwang cares for patients in the greater Central Florida area, providing surgery at HCA Lake Monroe Hospital in Central Florida. Dr. Hwang relocated to Central Florida from Pennsylvania. Dr. Hwang has been conducting Deep Brain Stimulation (DBS) procedures for movement disorders including Parkinson's and Essential Tremors.

In this program, Dr. Hwang will discuss the use of a new technology called a Frameless system in providing DBS implants. He is the only surgeon in Florida using STarFix Frameless system; In addition to greatly reducing surgical preparation and procedure time, with lead placement accuracy equivalent to that of a traditional Frame System, patient discomfort can be greatly reduced by using this new technology during DBS surgery.

Please plan on joining us to learn more about this exciting technological development in DBS Surgery. This program will be held at Bishops Glen Retirement Communities (auditorium) 900 LPGA Blvd., Daytona Beach, 32117. **Reservations for this event are required**, please register early for this event. **To register for this event in-person please visit: 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, or click the red button below. To register for this event on Zoom please visit: <https://www.parkinsondaytona.org/online-meetings> or click the green button below.**

[Register for In-Person Meeting](#)

[Register for Zoom Meeting](#)

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

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 flyer in this newsletter for more information on the next meeting.**

EAST VOLUSIA SUPPORT GROUP

The PAGDB in conjunction with Halifax Health is hosting a PD Support Group the 4th Wednesday of each month at Bishops Glen Retirement Community from 2pm-3pm. This group is facilitated by Anne Tracy, Community Relations Coordinator with Halifax Health Continuing Care and Hospice. **For more information please contact Anne at 386-566-5728 or Email at annette.tracy@halifax.org. Next meeting is Wednesday September 27th, 2022 at 2pm.**

2022 "SOLE SUPPORT" FUN WALK DATE SET

Our 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.**

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 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. **See flyers in this newsletter or our website for days, times and locations of these programs.**

Summer Puzzle Answers

Were you able to unscramble all of the words in last the last edition of our newsletter?

Up for another challenge? See Page 10 of this newsletter for a Fall Word Search.

Beach
Swimsuit
Ice Cream
Lemonade
Camping
Popsicle
Sandcastle
Travel

Barbeque
Vacation
Summer
Ocean
Fishing
Sandals
Pool

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	
	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
TUESDAY	ERG Rowing 3:00–5:00PM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	
WEDNESDAY	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
THURSDAY	ALTERNATES EVERY FRIDAY	
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

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



PD Pipeline- Novartis Takes Aim at Risky Parkinson's Target with \$1.5bn UCB deal

Article Reprinted from Pharmaforum Newsletter by: Phil Taylor - December 2, 2021

Novartis has licensed a potential drug for Parkinson's from Belgium's UCB that it thinks could be the first oral, disease-modifying drug for the disease – if it can avoid the fate of earlier drugs in the class.

The drug – called UCB0599 – targets a protein called alpha synuclein that tends to get misfolded and accumulates into clumps in the brains of Parkinson's patients and is thought to damage neurons – somewhat analogous to amyloid and tau proteins in Alzheimer's disease.

The Swiss group is paying \$150 million upfront for co-development rights to UCB0599 in a deal that could be worth \$1.5 billion if the drug reaches the market and hits sales objectives.

UCB0599 is in phase 2 development, and Novartis is also taking an option on a follow-up compound called UCB7853 in phase 1. The two companies will split the cost of development and – if approved – the drug will be sold by UCB in Europe and Novartis in the rest of the world.

Novartis says alpha-synuclein misfolding is “the most prominent neuropathological hallmark of [Parkinson's] and a primary step in disease progression.” In animal models of the disease, UCB0599 reduced alpha-synuclein pathology and neurodegeneration, and improved motor function.

It all sounds great in theory, and if UCB0599 works in trials it could offer a real advance on current therapies for Parkinson's which remain largely based on levodopa, which replaces the neurotransmitter dopamine that is diminished as neurons in the brain die off.

The track record of drugs targeting alpha-synuclein isn't that good, however. Biogen jettisoned cinpanemab, an antibody against the target, earlier this year after it missed the mark in a phase 2 trial.

Another antibody from Roche and Prothena – prasinezumab – also disappointed in one phase 2 trial but is still being developed in another phase 2b study called PADOVA involving early Parkinson's disease patients who are on stable symptomatic medication.

AbbVie's antibody ABBV-0805 cleared a phase 1 trial but seems to have been side-lined for strategic reasons, and it also abandoned a gene therapy candidate licensed from Voyager Therapeutics.

Other companies with active alpha-synuclein antibodies include AstraZeneca and Takeda with MEDI 1342 in phase 2 for Parkinson's and Lundbeck with Lu AF82422 – although it is initially targeting another neurodegenerative disease called multiple system atrophy.



PARKINSON'S SUPPORT GROUP!

Flagler/ Palm Coast

*Join us for a meeting with
Ricardo Fontan of Lion's Pride
Boxing!*

› **Wednesday, October
5th @ 3:00pm**

› **Palm Coast Community
Center**

305 Palm Coast Pkwy NE,
Palm Coast, FL 32137

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



Ricardo Fontan was born in The Bronx, NY. He started boxing at the age of 13. He is the owner of Lion's Pride boxing, the first boxing gym in Flagler County. He has coached several kids to the Florida state junior Olympics and has participated in coaching in the National Junior Olympics in Lubbock, Texas. After seeing a Rock steady boxing demonstration in Daytona he felt that adding this program to his gym would benefit the Flagler county Parkinson's community. He is also a certified personal trainer since 2009.

THE WELLNESS CORNER

How Bacteria Are Changing Your Mood

If anything makes us human it's our minds, thoughts and emotions.

And yet a controversial new concept is emerging that claims gut bacteria are an invisible hand altering our brains.

Science is piecing together how the trillions of microbes that live on and in all of us - our microbiome - affect our physical health.

But even conditions including depression, autism and neurodegenerative disease are now being linked to these tiny creatures.

We've known for centuries that how we feel affects our gut - just think what happens before an exam or a job interview - but now it is being seen as a two-way street.

Groups of researchers believe they are on the cusp of a revolution that uses "mood microbes" or "psychobiotics" to improve mental health.

The study that ignited the whole concept took place at Kyushu University in Japan.

The researchers showed that "germ-free" mice - those that never came into contact with microbes - pumped out twice the amount of stress hormone when distressed than normal mice.

The animals were identical except for their microbes. It was a strong hint that the difference was a result of their micro-organisms.

"We all go back to that first paper for the first wave of neuroscientists considering microbes," says Dr Jane Foster, a neuropsychiatrist at McMaster University in Canada.

"That really was very powerful for those of us who were studying depression and anxiety."

It was the first hint of microbial medicine in mental health.

How Could Bacteria Be Altering the Brain?

The brain is the most complex object in the known universe so how could it be reacting to bacteria in the gut?

- One route is the vagus nerve, it's an information superhighway connecting the brain and the gut.
- Bacteria break down fibre in the diet into chemicals called short-chain fatty acids, which can have effects throughout the body.
- The microbiome influences the immune system, which has also been implicated in brain disorders.
- There is even emerging evidence that gut bugs could be using tiny strips of genetic code called microRNAs to alter how DNA works in nerve cells.

There is now a rich vein of research linking germ-free mice with changes in behaviour and even the structure of the brain.

But their completely sterile upbringing is nothing like the real world. We're constantly coming into contact with microbes in our environment, none of us are germ-free.

At Cork University Hospital, Prof Ted Dinan is trying to uncover what happens to the microbiome in his depressed patients.

A good rule of thumb is a healthy microbiome is a diverse microbiome, containing a wide variety of different species living all over our bodies.

Prof Dinan says: "If you compare somebody who is clinically depressed with someone who is healthy, there is a narrowing in the diversity of the microbiota.

"I'm not suggesting it is the sole cause of depression, but I do believe for many individuals it does play a role in the genesis of depression."

And he argues some lifestyles that weaken our gut bacteria, such as a diet low in fibre, can make us more vulnerable.

The Microbiome

- You're more microbe than human - if you count all the cells in your body, only 43% are human
- The rest is our microbiome and includes bacteria, viruses, fungi and single-celled archaea

• The human genome - the full set of genetic instructions for a human being - is made up of 20,000 instructions called genes

- But add all the genes in our microbiome together and the figure comes out at between two million and 20 million microbial genes
- It's known as the second genome and is linked to diseases including allergy, obesity, inflammatory bowel disease, Parkinson's, whether cancer drugs work and even depression and autism

It's an intriguing concept - that an imbalance in the gut microbiome could be involved in depression.

So scientists at the APC Microbiome centre, at University College Cork, started transplanting the microbiome from depressed patients to animals. It's known in the biz as a trans-poo-sion.

It showed that if you transfer the bacteria, you transfer the behaviour too.

Prof John Cryan told the BBC: "We were very surprised that you could, by just taking microbiome samples, reproduce many of the features of a depressed individual in a rat."

This included anhedonia - the way depression can lead to people losing interest in what they normally find pleasurable.

For the rats, that was sugary water they could not get enough of, yet "when they were given the microbiome from a depressed individual, they no longer cared", says Prof Cryan.

Similar evidence - linking the microbiome, the gut and the brain - is emerging in Parkinson's disease.

It is clearly a brain disorder. Patients lose control over their muscles as brain cells die and it leads to a characteristic tremor.

But Prof Sarkis Mazmanian, a medical microbiologist from Caltech, is building the case that gut bacteria are involved.

SEE THE REST OF THIS ARTICLE ON THE NEXT PAGE.

"Classical neuroscientists would find this as heresy to think you can understand events in the brain by researching the gut," he says.

He has found "very powerful" differences between the microbiomes of people with Parkinson's and those without the disease.

Studies in animals, genetically hardwired to develop Parkinson's, show gut bacteria were necessary for the disease to emerge.

And when stool was transplanted from Parkinson's patients to those mice, they developed "much worse" symptoms than using faeces sourced from a healthy individual.

Prof Mazmanian told the BBC: "The changes in the microbiome appear to be driving the motor symptoms, appear to be causal to the motor symptoms.

"We're very excited about this because it allows us to target the microbiome as an avenue for new therapies."

The evidence linking the microbiome and the brain is as fascinating as it is early.

But the pioneers of this field see an exciting prospect on the horizon - a whole new way of influencing our health and wellbeing.

If microbes do influence our brains then maybe we can change our microbes for the better.

Can altering the bacteria in Parkinson's patients' guts change the course of their disease?

There is talk of psychiatrists prescribing mood microbes or psychobiotics - effectively a probiotic cocktail of healthy bacteria - to boost our mental health.

Dr Kirsten Tillisch, at University of California, Los Angeles, told me: "If we change the bacteria can we change the way we respond?"

But she says we need far bigger studies that really probe what species, and even sub-species, of bacteria may be exerting an effect on the brain and what products they are making in the gut.

Dr. Tillisch said: "There's clearly connections here, I think our enthusiasm and our excitement is there because we haven't had great treatments.

"It's very exciting to think there's a whole new pathway that we can study and we can look and we can help people, maybe even prevent disease."

And that's the powerful idea here.

The microbiome - our second genome - is opening up an entirely new way of doing medicine and its role is being investigated in nearly every disease you can imagine including allergies, cancer and obesity.

I've been struck by how malleable the second genome is and how that is in such stark contrast to our own DNA.

The food we eat, the pets we have, the drugs we take, how we're born... all alter our microbial inhabitants.

And if we're doing that unwittingly, imagine the potential of being able to change our microbiome for the better.

Prof Cryan said: "I predict in the next five years when you go to your doctor for your cholesterol testing etc, you'll also get your microbiome assessed.

"The microbiome is the fundamental future of personalised medicine."

<https://www.bbc.com/news/health-43815370?fbclid=IwAR1zME51s9CQN0sP27mknAq0CsKjwqZMVqVr-5uCD-Fwwi9WG7OE5aPJD4Q>

TIPS & EXERCISES TO DO AT HOME

Remember to Warm Up

The warm up is important not only to get your muscles primed for exercise, but also to get your head in the right space and to avoid injury. During the warm up you should start to feel warm in your muscles and your breath should be slightly laboured. Using large muscle groups such as your legs, upper back and arm muscles will help. Start slowly trying to increase the effort level as you work your way through the warm up.

Depending on your level of mobility, suggestions for doing a solid warm up include going for a brisk walk around the house or block, boxing in sitting or standing, climbing a couple of flights of stairs or peddling on an exercise bike for 5 minutes.

Jab Punches

- 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.



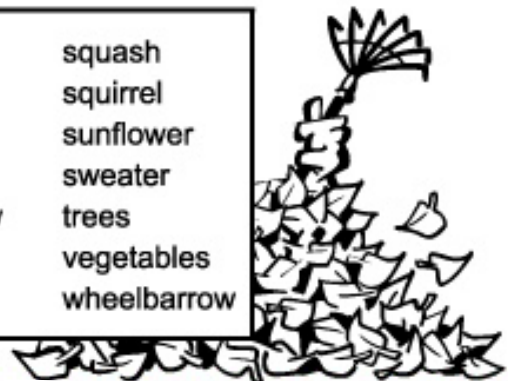


FALL



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

- | | | | | |
|----------|-----------|----------|-----------|-------------|
| apples | colorful | frost | pumpkin | squash |
| autumn | cozy | harvest | quilt | squirrel |
| birds | crow | hayride | rake | sunflower |
| blanket | deciduous | jacket | rustling | sweater |
| bonfire | equinox | leaves | scarecrow | trees |
| changing | flannel | migrate | season | vegetables |
| cider | foliage | orchards | spider | wheelbarrow |



14th ANNUAL "SOLE SUPPORT" FOR PARKINSON'S FUN WALK

Port Orange Lakeside Community Ctr. - Saturday November 12, 2022 - 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 28, 2022.** Registration forms received after 10/28/22 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, a 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 2022 (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, 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 2022 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!

FW/2022

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](#).

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