There’s never a good time or place to receive a Parkinson’s diagnosis, but the Parkinson's Foundation Georgia is proud of our role in shaping Atlanta into one of the most proactive and hopeful PD communities in the country.
Through our PD Gladiators Fitness Network, we have allied with metro Atlanta fitness instructors and doctors to encourage people living with PD to exercise for better health. (Last year, our amazing instructors hosted nearly 25,000 participant visits to PD classes!) These group classes not only help our gladiators adhere to a vigorous and varied exercise routine, they also often become vital social hubs for information-sharing and friendship.

Our goal is to step up our efforts to unite these groups into a larger, better-educated Parkinson’s community. We plan to visit many Network classes over the coming months to inform you about all the amazing national initiatives and resources available to you from the Parkinson’s Foundation to help you live better with PD.

I ask only two things of you: join our proactive gladiator community—and keep fighting!

Annie Long
Senior Community Program Manager
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In This Issue:

- Help Us Welcome the New Georgia Development Director - Krystle Hillery
- A path-breaking educational program that is “Must-See PD.” Sign up today!
- A historic collaboration that will bring new Boxing for Parkinson's classes to five metro area locations next month
- The debut of “Miss Ellie’s Parkinson’s Pantry”—a monthly column featuring PD-healthy recipes from the kitchen of Ellie Kahn
- A volunteer shares how her quest to unite family and friends led to an even more “moving” experience
- Calendar of upcoming events and more

Krystle Hillery Joins the Team in Georgia!

Please help me welcome the newest addition to our Parkinson’s Foundation team here in Georgia. Krystle Hillery will serve as the Development Director for Georgia, overseeing the Moving Day Atlanta walk on October 19, our spring special event and other local fundraising initiatives. Krystle can be reached at khillery@parkinson.org.

“Women and PD”: Why This Path-breaking Seminar Is a “Must-see PD” for Men and Women!

Parkinson’s Foundation Georgia is presenting "Women and PD: Closing the Gender Gap," a free seminar, on Saturday, August 24, at Heritage Sandy Springs. As well as learning about gender disparities in Parkinson’s research and care and how women experience PD differently than men, attendees will be guided by the advice from nearly 500 women and healthcare
professionals how to best optimize quality of life and independence: shared decision-making, improved communication with medical team and family (bring your care partner!), comprehensive care approach, peer-to-peer engagement (camaraderie), goal-setting, preservation of other identities (spouse, mother, employee, etc.), and advocacy.

Historic YMCA, LDBF and Parkinson’s Foundation Collaboration on Boxing Training

The YMCA has long sought to add noncontact boxing to its repertoire, but the cost of sending its wellness coaches out-of-town to train was prohibitive. The stars aligned earlier this month to remedy that with a historic collaboration by LDBF, the YMCA of Metro Atlanta, and the Parkinson’s Foundation. On August 2nd, LDBF unveiled its intense two-day certification course to train fitness instructors to conduct its successful Boxing for Parkinson’s classes, hosting 15 YMCA wellness coaches (as well as one independent instructor from a Gainesville gym) at the Fitness Firm in Sandy Springs.
A Volunteer’s Story: Moving Day Unites a Family—And a Community

Moving Day Atlanta is our annual fundraising walk, held in October (see “Upcoming Events” below for details). It is a fun and inspiring event that unites families, friends and communities in the fight against Parkinson’s disease. A daughter of a parent with PD tells the story of Team Ahmetovic:

I have been involved in Moving Day Atlanta going on three years now. One of the main reasons for my involvement was because my dad was diagnosed with Parkinson’s about seven years ago. We did not know too much about Parkinson’s disease and were nervous about what the future held for my dad. Since his diagnosis, I have been looking into ways I can be involved in bringing awareness and finding a cure for PD one day. I came upon Moving Day Atlanta and knew right away I wanted to do more than just participate in the annual walk we do each year. I reached out and asked to be involved in the committee--best decision ever! Since joining the committee, I have met some of the best people, learned so much more about Parkinson’s disease, ways to help spread awareness, and great programs supporting those living with PD, and I am hopeful that one day we will find a cure. What means the most to me and my family, though, is finding a community that understands what your family is going through.

--Lidija Ahmetovic

Register to become a team captain at www.movingdayatlanta.org or contact khillery@parkinson.org to volunteer on the Moving Day Atlanta committee. All team captains and one guest are invited to a special event
at the Atlanta Zoo on Saturday, August 17th, at 9am—please contact Krystle for more information or to reserve your free passes!

Meet Our Newest Personal Trainer Michael Cohen

Please help us welcome another new member of our growing PD Gladiators Fitness Network family--personal trainer Michael Cohen. An ISSA Certified Fitness Trainer and Corrective Exercise Specialist, for the past 11 years Mike has been working with clients in their homes, many of them with health issues including Parkinson’s disease. Mike has compassion and empathy for his clients and is committed to helping them discover their path to a healthier and better quality of life by making better lifestyle choices and maintaining a positive attitude. Diagnosed with type-1 diabetes at age 11, Mike quickly learned the benefits of being proactive and making healthy choices, and he loves to encourage clients with his own experience. In his own words: “Some are amazed at how well I take care of myself, and that inspires them to want to ‘be like Mike’ as they say. I am truly humbled and honored to be an example of determination that people can aspire to. However, I don’t want them to be like me, I want them to be the best they can be.”
Miss Ellie’s Parkinson’s Pantry

PD-inspired Recipes from the Kitchen of Ellie Kahn

Hi, everybody! I’ve always been interested in healthy eating and cook most of our meals myself. Since Larry was diagnosed with PD, I do a lot of reading and am constantly adjusting our diet. Among other things, we have eliminated dairy, reduced meat, limited grains and sweets and added fish and lots of organic fruits, nuts, vegetables and spices. Naturally, these dramatic changes eliminated many favorite dishes from our repertoire but, surprisingly, I have been able to replace just about everything we loved with a satisfactory (and in many cases tastier) alternative! The recipes I am excited to share with you are not too elaborate. Many area grocery stores carry the ingredients I use, and you can order any you can’t find locally from Amazon. Now, for the first recipe…gluten-free waffles! Hugs to all! Ellie

ALMOND WAFFLES/PANCAKES Ingredients DRY: 1/2 cup almond flour; 1 cup tapioca flour; 1 Tbsp. coconut flour; 1/2 tsp. sea salt; 1/2 tsp. cinnamon (optional) WET: 2 large eggs, beat well; 2/3 cup almond, coconut or cashew milk; 1 tsp. almond, coconut or lemon extract

Directions: IMPORTANT: If making waffles, preheat waffle iron! Measure dry ingredients into bowl. In a separate bowl, measure wet ingredients and beat well. Add the wet ingredients to the dry ingredients and blend until smooth, no lumps allowed. Pour a little less than one cup of batter on waffle iron and close. Set timer for four minutes and you will have a
perfect, crispy waffle. Makes four waffles. Note: These waffles freeze well. In addition to a breakfast treat with organic all-fruit jam or maple syrup, we use them like bread for sandwiches or an evening snack.

Ellie Kahn and her husband, Larry (PwP), are members of the Parkinson’s Foundation Georgia Advisory Board. Ellie believes PD strikes families, not just individuals, and has been an advocate for care partners taking an active role in managing the disease. While not schooled in diet and nutrition, she tries to keep up with the research and draws from several resources to create healthy recipes that are interesting and fun, often replacing staples in her family’s diet with Parkinson’s-friendly alternatives. Ellie will share her favorite recipes in this monthly column; she would love it if you emailed her with opinions or requests at ParkinsonsPantryGeorgia@gmail.com. Opinions expressed are the author’s own and not of the Parkinson’s Foundation.

What's Ahead in Georgia

In addition to managing the PD Gladiators Fitness Network, we look forward to bringing you exciting programs this summer and fall in and around metro Atlanta. Check out what's coming up and mark your calendar!

August 17: Moving Day Team Captain Event at the Atlanta Zoo

Calling all team captains who are WILD about Moving Day! Join us for this special event at Zoo Atlanta. Enjoy a delicious breakfast and learn
how your involvement with Moving Day Atlanta helps support the Parkinson’s Foundation mission. We will also give you a guided tour of the website so you can recruit your walk team and hit your fundraising goal by October 19! After breakfast and a brief program, you will then have the opportunity to enjoy the zoo (admission passes provided).

This event is open to currently registered Moving Day Atlanta Team Captains and one guest. There is no charge to attend, but registration is required and space is limited. **If you would like to attend but haven’t yet registered your team, simply RSVP for the program and register your walk team with us on Saturday!**

Where: Zoo Atlanta - TECHLab (800 Cherokee Ave SE, Atlanta, GA 30315)

When: Saturday, August 17, 2019, 9:00 a.m.-10:30 a.m. (Enjoy unlimited time at the Zoo following the morning breakfast presentation!)

**RSVP Here**

**August 24: Women and PD: Closing the Gender Gap**

Men and women experience Parkinson’s disease differently, as it relates to their symptoms, medications, medical care and support services. The Parkinson’s Foundation is shedding light on and finding solutions for women-specific issues to help improve the health and well-being of women with PD. Join us for this important event for women with Parkinson’s, their families, friends, spouses or support persons.

Where: Heritage Sandy Springs (6110 Blue Stone Rd, Sandy Springs, GA 30328)

When: Saturday, August 24, 2019, 9:30 a.m.-1:00 p.m.
**September 14: Parkinson's IQ + You**

We are uniting with other national Parkinson’s organizations to empower people and families living with the disease through a new strategic health initiative launching this year. Parkinson's IQ + YOU is a free event presented by The Michael J. Fox Foundation, in collaboration with a consortium of industry sponsors, and coming to a city near you!

Designed for people with Parkinson’s, their families and care partners, the one-day event features sessions on understanding Parkinson's, managing care and exciting developments in Parkinson’s research. In addition, you’ll get information on treatment options and local resources at the Partner Expo. Space is limited, but we want to ensure you and your loved ones are there. Register and secure your seat today for the first event: Parkinson’s IQ + You, Atlanta!

Where: Renaissance Atlanta Waverly Hotel and Convention Center  
(2450 Galleria Pkwy, Atlanta, GA)

When: Saturday, September 14, 2019, 9:00 a.m.-3:00 p.m.

**RSVP Here**

**October 19: Moving Day Atlanta - A Walk for Parkinson's**

Moving Day Atlanta is our annual fundraising walk event. It is a fun and inspiring fundraising event that unites families, friends and communities both large and small in the fight against Parkinson’s disease. Register your walk team today at [www.movingdayatlanta.org](http://www.movingdayatlanta.org).

Where: Piedmont Park Promenade
When: Saturday, October 19, 2019, 9 a.m.-12 p.m.

Register today: www.movingdayatlanta.org

**November 1: "Let’s Talk About It: Symptoms Beneath the Surface"**

There are many non-motor challenges associated with Parkinson’s disease that can affect not only the person with Parkinson’s, but also their care partners, families and friends. This program will provide participants with information on topics that are not always easy to discuss. From intimacy to impulse control disorders and constipation, this program will address the realities of these difficult topics and provide strategies and tools for coping as well as talking about them with healthcare providers and loved ones.

Where: Flat Creek Country Club (100 Flat Creek Rd, Peachtree City, GA 30269)

When: Friday, November 1, 2019, 9 a.m.-12 p.m.

**RSVP Here**

**December 7: Caregiver Appreciation Event**

We look forward to celebrating our caregivers with this special event that will feature a film screening and expert in the field of positive psychology. You are guaranteed to leave this event with tools for positivity and happiness. Save the date and stay tuned for details!
We look forward to seeing you at a fitness class or event soon. In the meantime, if you are interested in ordering free Parkinson's Foundation resources or have questions about Parkinson's disease, please contact our toll-free Helpline at 1-800-4PD-INFO (473-4636). For questions related to local programs and the PD Gladiators Fitness Network, please call 770-450-0792.

Sincerely,

Your Parkinson's Foundation Georgia Team

Parkinson.org/Georgia

Georgiainfo@Parkinson.org

770-450-0792