October Updates

Why We Move
I recently spoke to a newly-diagnosed caller about our PD Gladiators Fitness Network exercise classes and then asked her if I would see her at Moving Day Atlanta in a few weeks. She promised to send a check, but didn’t feel motivated to attend the event. I reminded her that the Parkinson’s Foundation motto is “Better lives. Together.” And the science backs me up on that.

Last year, the Parkinson’s Foundation Georgia hosted an educational program featuring Laurie Mischley, ND, PhD, a naturopathic doctor and Parkinson’s researcher who has been gaining a worldwide following for her study of Parkinson’s “outliers,” those people with PD who progress either much slower or faster than average. She attempts to find lifestyle, nutritional and therapeutic practices that seem to make the biggest difference in her PD patients. Dr. Mischley’s preliminary findings suggested that people with the most positive results are exercising every day, while those who are struggling the most answered true to the statement "I am lonely."

Moving Day is more than just a fundraiser or a walk. It brings together our community to celebrate movement and exercise as a symbol of hope and progress because of its essential role in treating Parkinson’s disease. Whether you take part on a team or join as an individual, you’ll get a chance to move with hundreds of supporters who share a common goal—to help beat Parkinson’s. This is your opportunity to make lasting friendships and learn how to live better with PD. As part of the Parkinson’s Foundation Georgia community you will never be alone. Better lives. Together. I hope to see you at Moving Day!

Annie Long
Senior Community Program Manager
Parkinson's Foundation Georgia
What You Can Expect at Moving Day Atlanta

Moving Day, A Walk for Parkinson's, is a fun and inspiring annual fundraising event hosted by the Parkinson's Foundation across the country. Moving Day Atlanta will be held at the Piedmont Park Promenade on October 19; registration opens at 9am and activities begin at 9:30. We will send detailed parking instructions and a schedule before the event, but wanted to entice you with a preview of the festivities!

As you arrive, a professional DJ will set the tone for this celebration of movement, featuring a family friendly one-mile walk course, a kids’ area and a We Move Pavilion with fitness activities — all proven to help manage Parkinson’s symptoms. Healthy snacks and water will be available in the Refreshment Tent. For those participants who have raised $500 or more, there will be a full breakfast in our Top Fundraiser Tent.

- **WE MOVE Pavilion** - Get moving at our signature pavilion! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals.

- **Parkinson’s Foundation Resource Table** - Learn about all the free resources, educational materials, programs, and training available from the Parkinson’s Foundation. Fill out a Walk Bib to honor loved ones and show why Moving Day is important to you.
• **Sponsor Row** - Meet with our National Sponsors and Local Sponsors and learn about the opportunities they provide for the Parkinson’s community.

• **Resource Pavilion** - Visit with local businesses and organizations providing services to the local community and people with Parkinson’s.

• **I Move Ribbons** - Before we begin our WE MOVE ceremony at 10, be sure to pick up your I Move Ribbon! 4 colors represent those: living with PD, a caregiver, a loved one, or someone who moves to end PD.

• **Stage** - Home of the WE MOVE Ceremony, the Stage is also party central thanks to music provided by a professional DJ!

• **Team Photo Area** - Gather your team together for group pictures!

• **Kids Zone** - Activities for the younger set including crafts and face painting!

For questions about getting involved in Moving Day Atlanta, please contact Krystle Hillery at khillery@parkinson.org or 470-305-0035.

**Second Generation Mover and Shaker**

Meet Susan Brown, October’s featured Gladiator: diagnosed with PD in 2017 at age 50, she proudly crossed the finish line at last year’s Moving Day Atlanta walk with her father, Bob Hyde, who was also diagnosed with PD in his fifties. Their team—the Atlanta Movers and Shakers—won the distinction of the largest team last year and hopes to celebrate with 100 friends and family members at this year’s walk!

When Susan was diagnosed, Emory’s Dr. Jorge Juncos (Parkinson’s Foundation Georgia Medical Advisor) told her that daily exercise is the
only way to keep Parkinson’s disease at bay. Determined not to let PD control her life, she works full-time, trains three days a week with a specialist, exercises regularly at a local gym, and volunteers as a coach for Girls on the Run. Susan credits an enthusiastic support network and expert healthcare for helping her step up her active lifestyle, and she is committed to making sure everyone with Parkinson’s has access to the same services and care.

“We are incredibly lucky because we have what we need,” she says. “I think about all the people who don’t—having that village changes everything.”

**Community Grants in Action: Singing with Parkinson's**

Since the first Moving Day Atlanta in 2013, the Parkinson’s Foundation has awarded 25 grants to organizations serving the Atlanta PD community, totaling over $260,000. In September, we visited a rehearsal of Singing with Parkinson’s, Atlanta’s first Parkinson’s choir and one of five Georgia projects funded by community grants this year. The grant allows the George Center to offer group services by licensed music therapists to the community for free.

Claire Morison, the choir’s director and a trained music therapist, told us that the program attracts 12-15 participants at weekly rehearsals and has impacted about 25 people with PD since its 2018 launch. This summer, the choir performed a concert at North River Baptist Church in Roswell and sang the national anthem at a Gwinnett Stripers game.

Singing with Parkinson’s was designed by neurologic music therapists to address PD symptoms and improve quality of life. People living with
PD report that participation in singing activities and music with a strong rhythm has improved their gait, breath support, mood, motor control, and ability to perform consecutive tasks. But Morison thinks the program’s social benefits are just as impressive: “A wonderful support network has developed to provide a sense of community.”

Rehearsals are held at 1pm on Tuesdays at The George Center in Roswell. If you’d like to join the fun, call (678) 701-1203 for more information. Individuals at any stage of the disease are welcome and can benefit.

The Parkinson’s Choir will sing the national anthem at Moving Day Atlanta on October 19. Join us and cheer them on!

**PD Gladiators Fitness Network Expands**

With the launch of several new LDBF Boxing for Parkinson’s classes at the YMCA and at Full Throttle Fitness in Gainesville in September, the PD Gladiators Fitness Network now offers 81 weekly classes in Georgia. Click the graphic below to visit our website to view the latest schedule, see class details or register to join the network.

**Miss Ellie’s Parkinson’s Pantry Moving to Social Media**

We hope you are enjoying the PD-inspired recipes from the kitchen of Ellie Kahn. Ellie’s recipes will be featured on the Parkinson’s
Foundation Georgia pages on Facebook and Instagram to allow more frequent posting. Click the social media links at the end of this newsletter to visit our pages or to sign up for social media accounts. If you’re not on Facebook and Instagram, you’re missing a lot of great content!

**Upcoming Events**

**Women and PD Follow-up: Breakfast at la Madeleine**  
Interactive Breakfast Program | Saturday, October 5th, 9 a.m.-11 a.m.  
la Madeleine French Bakery & Cafe Perimeter, 1165 Perimeter Center W #350, Atlanta, GA 30346

**Moving Day Atlanta**  
Annual Walk for Parkinson's Event | Saturday, October 19th, 9 a.m.-12 p.m.  
Piedmont Park Promenade, 1320 Monroe Drive, Atlanta, GA 30306

**Women and PD: Closing the Gender Gap**  
Educational Program | Wednesday, October 23rd, 10:30 a.m.-2 p.m.  
DoubleTree by Hilton Hotel Augusta, 2651 Perimeter Parkway, Augusta, GA 30909

**Let's Talk About It: Symptoms Beneath the Surface**  
Educational Program | Friday, November 1st, 9 a.m.-12 p.m.  
Flat Creek Country Club, 100 Flat Creek Rd, Peachtree City, GA 30269

**Care Partner Appreciation Event**  
Appreciation Event and Film Screening | Saturday, December 7th, 10 a.m.-1 p.m.  
Midtown Arts Cinema, 931 Monroe Drive, Atlanta, GA 30308
Special thanks to our writers and contributors (Larry and Ellie Kahn, Valeria Gary) and interviewees for making this e-newsletter possible. And thanks to our annual corporate partners:

Questions? Call our Helpline: 1-800-4PD-INFO (473-4636)

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body, table, td, a { -webkit-text-size-adjust:100%;
-ms-text-size-adjust:100%; } /* Prevent WebKit and Windows mobile changing default text sizes */

table, td { mso-table-lspace:0pt; mso-table-rspace:0pt; } /* Remove spacing between tables in Outlook 2007 and up */

img { -ms-interpolation-mode:bicubic; } /* Allow smoother rendering of resized image in Internet Explorer */

body { margin:0 !important; } div{style="margin: 16px 0"] { margin:0 !important; } /* Fix Android 4.4 body centering issue */

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/* - RESET STYLES */

* { -webkit-font-smoothing: antialiased; }

body { margin:0; margin:0; padding:0; min-width: 100%;
-webkit-font-smoothing: antialiased; mso-line-height-rule: exactly;
}

img { border:0; height:auto; line-height:100%; outline:none;
text-decoration:none; }

table { border-spacing: 0; border-collapse:collapse !important; }

body { height:100% !important; margin:0; padding:0; width:100% !important; }

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[style="""Montserrat"] { font-family: 'Montserrat', sans-serif !important } /* Override Outlook to not break on imported fonts */