My mom Allyson was diagnosed with Parkinson’s disease in February 2013. The conversation with the neurologist went something like this: [Neurologist, handing her a box of tissues.] “You have Parkinson’s disease. Here is your prescription. Take it or don’t the jury is still out. We will see you in six months.”
My mom’s bleak prognosis and indifferent care inspired me to search for information and an advocate to help people like us navigate a medical system straining to handle a rising caseload of incurable neurological diseases. I joined the Parkinson’s Foundation, which assigned me to plan their first Moving Day Atlanta Walk. A small but hopeful crowd raised nearly $150,000.

Fast-forward six years. My mom is doing incredibly well--she’s adjusted her medications, changed neurologists, and is exercising as if her life depends on it (because, as I often remind her, it does). I’m back with the Parkinson’s Foundation after a brief detour, and the Atlanta PD community is also thriving. Since 2013, over 2,500 Georgians have participated in Moving Day, raising $945,300, and our programs are transforming bleakness to hope, apathy to action:

- access to services and adapted exercise classes (including our PD Gladiators Fitness Network, LDBF Boxing for Parkinson’s and PD Gladiators at the Y), through 25 local grants, totaling over $260,000

- 1,650 Helpline calls and 42,850 free publications to help Georgians live well with PD

- 1,730 Aware in Care kits prepared people for planned and emergency hospital visits

- 25 research advocates—people with PD and care partners—were paired with scientists to make research more effective and efficient

- $1,862,800 invested in research to better understand PD and ensure better care for Georgians

I hope to see you at [Moving Day Atlanta](https://www.movingdayatlanta.org) on October 19. Naturally, donations are appreciated and necessary to continue delivering impactful programming; but whether or not you can help fundraise, we’d love for you to join our PD family in a celebration of movement. Check out the events calendar below for details.
Keep fighting!

Annie Long
Senior Community Program Manager
Parkinson's Foundation Georgia
Georgiainfo@Parkinson.org / 770-450-0792

In This Issue:

- Boxing for PD Starting in Gainesville and 6 YMCA Branches This Week!
- MDT Training for Fitness Professionals
- Our Featured Gladiator: Dr. Barry McCasland
- Women and PD Recap and Link to Program Video
- "Miss Ellie's Parkinson's Pantry"—a monthly column featuring PD-healthy recipes from the kitchen of Ellie Kahn
- Calendar of upcoming events

Boxing for PD Starting in Gainesville and 6 YMCA Branches This Week!

The LDBF Boxing for Parkinson’s classes offered at their Sandy Springs headquarters have been among the PD Gladiators Fitness Network’s most popular programs, and this week the program will expand to six YMCA branches and our first Network affiliate outside of metro Atlanta—Full Throttle Fitness in Gainesville, GA.
PD Training for Fitness Professionals: Nov. 2-3

Your Chance to Bring the PD Gladiators Fitness Network to a community near you!

With the announcement of our first PD Gladiators Fitness Network affiliate outside of the 29-county metro Atlanta area (see story above), we hope that people with PD living in underserved areas of Georgia will help us find qualified fitness instructors willing to offer PD-specific classes in their communities. To help get programs going, MDT Education Solutions is hosting a training for fitness professionals this November. For more information about the specialized training for fitness professionals, click the link below. To learn more about joining the PD Gladiators Fitness Network, please contact Annie Long at 770-450-0792.

Featured Gladiator: Dr. Barry McCasland

We usually refer to those battling PD with vigorous and varied exercise in the Parkinson’s Foundation’s PD Gladiators Fitness Network as our “gladiators,” but Dr. Barry J. McCasland has earned the honor of being
named this month’s featured Gladiator for his steadfast insistence that his PD patients fight back. Dr. McCasland, a solo practitioner in Sandy Springs, was the first neurologist to consistently refer his PD patients to the Network, and he continues to do so with confidence after seeing positive results over the past five-plus years. “There are no couch potatoes in my practice,” Dr. McCasland said when we recently treated him and his staff to breakfast. “You’ve got to move if you want to move.” Dr. McCasland has been practicing Neurology for over twenty years in Atlanta, after completing a three year residency at Emory University and its affiliated hospitals (Chief Resident during his third year).

For more information about PD-specific exercise classes offered by independent fitness instructors in the PD Gladiators Fitness Network, please click the link below or contact Annie Long at (770) 450-0792 or along@parkinson.org.

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**Women and PD Recap**

Parkinson’s Foundation Georgia hosted "Women and PD: Closing the Gender Gap on Saturday, August 24, 2019, in Sandy Springs to discuss issues that affect women with Parkinson’s Disease. More than 100 women with Parkinson’s, care partners, spouses, friends and family members joined us at
Heritage Sandy Springs for a morning of information, empowerment and camaraderie. Click the link below to learn more about why women are less likely to get diagnosed with PD, tips for creating your care team and more! Also, join us for a follow-up program on October 5 where we will be setting goals for ourselves to live better with PD (details below).

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**Miss Ellie’s Parkinson’s Pantry**

*PD-inspired Recipes from the Kitchen of Ellie Kahn*

Hello to all! I hope you enjoyed last month’s gluten-free Almond Waffles. Today’s recipe is a brain-healthy snack or dessert that will satisfy a craving for sweets. Based on the ketogenic diet (the small amount of dates is an allowable cheat), “fat bombs” are high in protein and brain-healthy coconut oil, and low in sugar, a notorious source of inflammation. We eat one when the urge to raid the Halloween reserve strikes! Hugs to all! Ellie

**FAT BOMBS (makes about 15 one tablespoon servings):**

Must-have Ingredients: 10 dates; ¼ cup (4 tbsp) melted organic virgin coconut oil. Change-up ingredients: Nuts or seeds (about ¼ cup, slivered or chopped—e.g, about 18 whole cashews or 23 almonds). For a chewier candy, add 2 tbsp of vanilla egg white protein.

Directions: Place dates and nuts (or seeds) in a blender. When the mixture gets pasty, add the melted coconut oil (and, if desired, egg white
protein) and blend thoroughly. Divide the mixture into one tablespoon servings and place on parchment paper or in a silicon candy mold.
Enjoy when the urge hits!

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 fall in and around metro Atlanta. Check out what's coming up and mark your calendar!

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. 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, so RSVP today!

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 5: Women and PD Coffee, Conversation and Goal-setting

When we look at what influences health outcomes, we find that care and biology only represent a small piece of the puzzle. When thinking about yourself, what would you say influences your health outcomes related to Parkinson’s? What helps you live better with Parkinson’s and what gets in the way? Join us for this interactive breakfast program as we explore our unique identities as women and set tangible goals that can help us live better with Parkinson’s. Breakfast will be served.

There is no charge to attend but registration is required. Please RSVP today!

Where: La Madeleine French Bakery & Cafe Perimeter
1165 Perimeter Center W #350
Atlanta, GA 30346

When: Saturday, October 5, 2019, 9 a.m.-11 a.m.

Register today: Parkinson.org/ATLWOMEN
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. For more information, please contact Development Director Krystle Hillery at Khillery@Parkinson.org or 470-305-0035. Register your walk team today at www.movingdayatlanta.org.

Where: Piedmont Park Promenade
When: Saturday, October 19, 2019, 9 a.m.-12 p.m.
Register today: www.movingdayatlanta.org

October 23: Women and PD - Augusta

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.

This event is not only for women. There will be a general session and lunch for all. After lunch, a separate breakout session will be offered to male care partners, friends and support persons. There is no charge to attend, but registration is required. Lunch will be provided.

Where: DoubleTree by Hilton Hotel Augusta, 2651 Perimeter Parkway, Augusta, GA 30909
When: Wednesday, October 23, 2019, 10:30 a.m.-2 p.m.
Register today: Parkinson.org/AUGEDU
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.

Register today: Parkinson.org/ATLTalk

December 7: Caregiver Appreciation Event

We look forward to celebrating our caregivers with this special event that will feature a documentary film screening of the film "Happy!" (2011) and a presentation on what it means to be happy and flourish in this world of endless demands led by happiness by Emory sociologist Corey Keyes, PhD. We will also hear from Celina Parkman, MS, OTR/L - an Occupational Therapist at Kennestone Outpatient Neuro Rehabilitation - who will self-care and advocacy for care partners. You are guaranteed to leave this event with tools for positivity and happiness! This event is open to caregivers and their loved ones - all are welcome.

Where: Midtown Arts Cinema in the Midtown Promenade Center, 931 Monroe Dr NE, Atlanta, GA 30308

When: Saturday, December 7, 2019, 10 a.m.-1 p.m.

Register Today: Parkinson.org/ATLCARE
We look forward to seeing you at a fitness class or event soon (don't forget to register your walk team for Moving Day!) 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
Questions? Call our Helpline:
1-800-4PD-INFO (473-4636)
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/* - EMAIL CLIENT SPECIFIC STYLES - */

#outlook a { padding:0; } /* Force Outlook to provide a "view in browser" message */
.ReadMsgBody { width:100%; } .ExternalClass { width:100%; } /* Force Hotmail to display emails at full width */
.ExternalClass, .ExternalClass p, .ExternalClass span, .ExternalClass font, .ExternalClass td, .ExternalClass div { line-height: 100%; } /* Force Hotmail to display normal line spacing */
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%;
-webskit-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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/* - UTILITY CLASSES - */

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