



*** Next Meeting ***

Parkinson's Disease Support Group of the Mid-Hudson Valley

“Planning for Peace of Mind”

(Rachel Flannigan Frost, Esq)

Friday, June 23, 2023 10:00 am - noon

(In Person Only - Unitarian Fellowship, 67 So. Randolph, Poughkeepsie)



“Planning for Peace of Mind”

Several members have already sought the friendly and wise advice of Rachel Flannigan Frost, Esq., local experienced elder care attorney. Here's your opportunity to meet her and learn how to have peace of mind by having a plan.

Confused about which documents are absolutely essential and why? Don't understand the idea of a "Living Will? Need information on gifting? She will answer these and all your other questions – for FREE! Come join us:

June 23rd at 10:00 am.



Mark Your 2023 Calendar

June 23, 2023 (In Person) “*Planning for Peace of Mind*” - Rachel Flannigan Frost

July 28, 2023 (In Person) “*Know Your Treatment Options*” - Dr. Vishad Sukul

August 25, 2023 (In Person) – “*Discussion/Sharing*”

September 22, 2023 (In Person) “*What’s New and Trending in PD Exercise*” - Robin Barclay, PT

Special Events:

September 24, 2023 – “12th Annual “**Walk Over Water**” on the Walkway Over the Hudson Demonstrations * Kid’s Booth * PD Information * Music * Ice Cream Truck



Parkinson’s News Today is strictly a news and information website about the disease. It does not provide medical advice, diagnosis or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.

(Editor’s note: The following news “shorts” came from *Parkinson’s News Today*)

Real-time brain activity to guide study of personalized light therapy

Findings will help understand effectiveness of photobiomodulation for Parkinson’s
by [Andrea Lobo](#) | May 17, 2023



[Neuronic](#) has partnered with [Santa Clara University](#) in Silicon Valley to develop a research project to study light therapy guided by real-time brain activity. Light therapy, also called photobiomodulation, is painless and noninvasive, and uses light-emitting diodes (LEDs) to deliver near-infrared light that passes through the skin and activates molecules that can improve blood flow, reduce inflammation, and increase cellular energy. Researchers hope the findings will help understand its effectiveness for brain injury and neurodegenerative conditions such as [Parkinson’s disease](#).

New screening system helps to ID pesticides linked to Parkinson’s

By Lindsey Shapiro, PhD on 05/22/2023

Researchers have identified certain pesticides used in agricultural settings that were linked to Parkinson’s disease risk among people living in California — and that were toxic to nerve cells in laboratory studies. Particularly, a pesticide called trifluralin was a significant driver of nerve cell toxicity [...]

Camp Lejeune TCE contamination and Parkinson's risk analyzed

Marines at that base were 70% more likely to develop the disease, study shows
by [Marisa Wexler, MS](#) | May 19, 2023



The risk of [Parkinson's disease](#) is increased among people who have been exposed to the chemical trichloroethylene (TCE), according to a new analysis of U.S. military personnel. The study, "[Risk of Parkinson Disease Among Service Members at Marine Corps Base Camp Lejeune](#)," was published in *JAMA Neurology*. It was funded by the U.S. Department of Veterans Affairs

Closing Parkinson's care gaps is aim of new, free course for providers

By [Mary Chapman](#) on 05/22/2023

To help offset the lack of specialty care in Parkinson's disease, the Parkinson's Foundation is offering providers who aren't experts in the progressive neurodegenerative disorder access to the virtual course, "Utilizing Quality Measures to Improve Parkinson's Care: What Every Neurologist Needs to Know."

Autonomic impairment linked to sleep problems in Parkinson's

By [Steve Bryson, PhD](#) on 05/31/2023



In people with Parkinson's disease, sleep disturbances and excessive daytime sleepiness (EDS) were associated with the impairment of the autonomic nervous system that controls involuntary bodily functions, a study shows. Depression and rapid eye movement sleep behavior disorder (RBD), or dream-enacting behavior, also contributed to problems sleeping at night and staying awake during the day. [...]

Two blood biomarkers may help predict risk of Parkinson's: Study

By [Patricia Inácio, PhD](#) on 06/06/2023

Scientists have identified a nine-gene signature model to predict the risk of Parkinson's disease by integrating data from blood and brain tissue gene expression studies. The blood levels of two genes in particular — PLOD3 and LRRN3 — stood out as potential biomarkers to diagnose the disease in its early stages.

Measuring alpha-synuclein in skin, nose could detect Parkinson's

By Lindsey Shapiro, PhD on 06/08/2023



Testing for the presence of misfolded alpha-synuclein — the protein that toxically builds up in Parkinson's disease — in both the nasal passages and skin samples could serve as a sensitive way to detect Parkinson's early pathology and distinguish its subtypes, according to a small recent study.

What's the Fastest Growing Neurological Disease? PARKINSON'S!

What can YOU do about this right now? Make copies of the green fundraising letter included with this newsletter, OR pick up a bunch already printed at the next meeting, OR contact Nancy at **914-475-2793** or nredkey@aol.com to get extra copies mailed to you. You can also use it for your own gift. Note that the letter has **two sides**. Make your list of family and friends and start mailing out your letters. See below for handy tips. People can also give **online at**: <https://www.movingdaywalk.org/walkoverwater> A digital version of the letter will also be available, if you prefer to email your requests. If just one person matches your own gift, you've doubled it!

~ This is our one major fundraiser each year. ~
(Funds go to the *Parkinson's Foundation* for research and education.)

The number of people diagnosed each year has jumped from 60,000 to 90,000 – one every 6 minutes! The need is urgent. We can help. Send our annual letter to ask family and friends to do:

WHAT THEY CAN - WITH WHAT THEY HAVE -TO HELP CHANGE THE PD WORLD

thank you!

Letter Writing Tips for Success

- Add a personal line or two to the letter.
- Enclose a return envelope. (Maybe address the return envelope with the freebie labels you get in the mail from other groups – American Cancer Society, Audubon, etc.)
- Even better, put a stamp on the return envelope.
- Sign your name and mail.
- Mail returned checks to: PDSGMHV P.O. Box 304, Lagrangeville, NY 12540 or bring to a meeting. Remember ALL checks get made out to the **Parkinson's Foundation**. We make a spreadsheet and send them in batches to the Foundation.
- And **don't forget your own gift!**



WEBINARS/Resources

Parkinson Foundation Webinars

Watch each past one-hour Briefing at www.parkinson.org/webinar, click on Expert Briefing and then again on Expert Briefing in the paragraph that comes up. NEW! These webinars now have closed captioning. For *Mindfulness Mondays*, *Wellness Wednesdays*, and *Fitness Fridays* go to:

www.parkinson.org/pdhealth. Not online? Have a question? Call: **Helpline at 1-800-4PD-INFO.**



“A Balancing Act: Freezing and Fall Prevention in Parkinson’s”

Date: April 12, 2023 at 1 pm (archived)

People living with Parkinson’s have twice the risk of falling as their peers without PD. Falls often result in injuries ranging from minor cuts to serious fractures, impacting mobility and quality of life. Learn how freezing and other movement and non-movement symptoms can contribute to falls and how to lessen the risk.

“Parkinson’s & Medications: What’s New” (archived)

Tanya Simuni, MD, discusses the advances in Parkinson’s treatments for movement and non-movement symptoms and where we are on the path to personalized medicine.

Michael J. Fox Foundation -Third Thursdays Webinars:

“Trouble Sleeping? What to Know About Acting Out Dreams and Other Sleep Issues”

Thursday, March 16, 2023; 12-1:00 pm (archived)

This is replay of a popular webinar on sleep issues. Our expert panelists discuss the many sleep issues that can come with aging and Parkinson’s, including acting out dreams while asleep. We share tips for managing sleep problems and cover research into the latest treatments.

“Major Research Breakthrough: A New Biomarker for Parkinson’s”

Thursday, April 20, 2023; 12 – 1:00 pm (archived)

This groundbreaking research, led by MJFF and its Parkinson’s Progression Markers Initiative (PPMI), is paving the way for a future where every person living with Parkinson’s can expect improved care and treatments.

Watch previous Third Thursday Webinars at www.michaeljfox.org/webinars

Davis Phinney Foundation – Live Well Today Webinar Series

Interested in topics like: Depression, Memory, Mood and Parkinson’s; Exercise, Freezing and Gait; Emerging Therapies; Women and Parkinson’s; or non-Motro Symptoms Medications? Try going to the David Phinney Foundation website for a list of recorded and upcoming hour long webinars on these topics and many more.

NOTE: Did you pay your 2023 DUES (\$15/INDIVIDUAL; \$20/COUPLE)?

(Mail checks to: PDSGMHV P.O. Box 304 Lagrangeville, NY 12540)

For more videos, books, articles, and blogs on Parkinson's see:

American Parkinson Disease Assoc. at www.apdaparkinson.org

Davis Phinney Foundation at www.dpf.org

Michael J Fox Foundation at www.michaeljfox.org

Parkinson's Foundation at www.parkinson.org or call their Helpline at 1-800- 473-4636.

MEMBER NEWS

Need some Equipment?

To donate or borrow, you can call Nancy Redkey at **914-475-2793** or email nredkey@aol.com. We currently have a variety of commodes, walkers, wheelchairs, cushions, and other adaptive accessories.



Parkinson's Disease Support Group of the Mid-Hudson Valley is a non-profit, tax-exempt organization.

www.midhudsonparkinsons.org

914-475-2793

NOTE: If you no longer wish to receive this newsletter, please call or write Nancy Redkey at 914-475-2793, nredkey@aol.com, or PDSGMHV | P.O. Box 304 | LaGrangeville, NY | 12540.