



*** Next Meeting ***

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

***“How to Turn Off Times into On Times: I Brake for Moments
not for Parkinson's”***

Dr. Robert Fekete; Movement Disorder Specialist, Assoc. Professor, NY Medical College

Friday, March 24, 2023 10:00 am - noon

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



No Need to Register for Our March Meeting!

Again, you do not need to register for the in-person March meeting. Just show up! Bring a family member or friend. This is your chance to learn about the latest way to smooth out the ups and downs of your Parkinson's medication.

Note Cancellation Policy: As we do every year, we will follow the public schools in making weather-related cancellations. If the Poughkeepsie schools are closed, we will cancel. If they are on delay, we may meet with those who can safely get out. Our cancellation notices will be posted on www.whud.com and www.wspkfm.com storm closings and announced on **WHUD 100.7 FM** and **WSPK 104.7 FM** radio.



Mark Your 2023 Calendar

March 24, 2023 (In Person) - Dr. Fekete “*How to Turn Off Times into On Times*”

April 28, 2023 (In Person) - Anne Olin “*Moving Better for Living Better*”

May 26, 2023 (In Person) – “*Discussion/Sharing*”

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

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

Special Events:

April 2, 2023 – “*Pasta for Parkinson’s*” 1:00 – 5:00 pm, American Legion (See next page for details)

April 29, 2023 – Parkinson’s Symposium 9:00 am – 12:45 pm (Poughkeepsie – details to follow)

May 10, 2023 – 17th Annual Dutchess Caregivers Conference, “*Caregivers: Our Unsung Heroes*” at The Grandview, 176 Rinaldi Blvd. Poughkeepsie; 8:30 am – 2 :00 pm; breakfast/lunch included.

This is a free event, but registration is required. Details on how to register will be available soon.

NOTE: Time for 2023 DUES (\$15/INDIVIDUAL; \$20/COUPLE)

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



PAR KINSON'S NEWS TODAY

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

Nonvisual hallucinations found to impact large number of patients

by Teresa Carvalho, MS | February 16, 2023



Different types of hallucinations — hearing voices, feeling a touch, and detecting smells or tastes, among others — affect a large proportion of people with Parkinson’s disease and have substantial clinical importance, according to a new review study. . .

Based on their analysis, “it is apparent that non-visual and multisensory hallucinations in [Parkinson’s disease] are of clinical significance, and impact a notable proportion of patients,” the team reported.

The review study, “Non-visual hallucinations in Parkinson’s disease: a systematic review.” was published in the *Journal of Neurology*



SUNDAY APRIL 2, 2023

SECOND ANNUAL

PASTA FOR PARKINSON'S

Bring your family to Sunday Pasta!

Join our family as we enjoy Sunday Pasta Dinner and help support The Parkinson's Disease Support Group of the Mid-Hudson Valley.

This local, non-profit organization provides education, advocacy, and support to people with Parkinson's Disease and their families (like ours), caregivers and the medical professionals that treat them.

Bring Your Family – Make New Friends
Support a Local Charity

Please Help Us THANK the Local BJ's Wholesale Clubs
for Their Support of This Event!



**Proudly Hosted by Members of the Cox and Alongi Families
With the Generous Support of Student Volunteers from
Marist College Doctor of Physical Therapy (DPT) Program**

1:00 pm – 5:00 pm

Ziti – Meatballs
Salad – Dessert

Come Enjoy Some
Great Food and Help
Support a Wonderful
Cause

\$14 – Adults
\$12 – Veterans and
First Responders
\$8 – Under 10

**THE AMERICAN LEGION
ARLINGTON POST 1302**

55 Overlook Road
Poughkeepsie, NY 12603

Questions? Please Contact:

Annie Cox
845-702-8186

Or

John Alongi
845-473-9212

or email us at:
pasta4parkinsons@gmail.com

NRG awarded second \$500K grant for its DMT program

Grant comes from the Michael J. Fox Foundation for Parkinson's Research
by [Patricia Inácio, PhD](#) | February 23, 2023



The [Michael J. Fox Foundation for Parkinson's Research](#) (MJFF) has awarded a second \$500,000 grant to [NRG Therapeutics](#) supporting more research into its potential disease-modifying therapy for Parkinson's disease.

The new funding comes after the successful completion of a previous [MJFF-funded project](#) that set out to investigate how NRG's small molecule candidates can halt the death of nerve cells responsible for the production of a major brain chemical messenger called dopamine — a hallmark of Parkinson's disease. . .

“There is a significant unmet medical need as all current treatments for Parkinson's control symptoms but do not halt or slow progression of disease. Truly disease-modifying treatments for Parkinson's and other neurodegenerative diseases remain the holy grail.”

Incision-free 'surgery' lowers hard-to-treat Parkinson's motor symptoms

Insightec's technique led to reductions in tremors, mobility problems
by [Patricia Inácio, PhD](#) | February 27, 2023



[Insightec](#)'s incision-free brain “surgery” technology — Exablate Neuro — leads to significant and sustained reductions in tremors, mobility problems, and other motor symptoms in advanced [Parkinson's disease](#) patients with a fluctuating response to standard medications.

That's according to one-year data from a [pivotal trial](#) ([NCT03319485](#)) that tested the approach against a sham procedure in nearly 100 patients. The findings were published in the *New England Journal of Medicine* in a study titled “[Trial of Globus Pallidus Focused Ultrasound Ablation in Parkinson's Disease.](#)”

Free guide to intimacy launched for those with Parkinson's

'ParkinSex Booklet & Kit' now on offer for patients, partners
by [Mary Chapman](#) | February 24, 2023



Havas Health Plus and the [American Parkinson Disease Association](#) (APDA) have launched a guide to intimacy meant to help [Parkinson's](#) patients and their partners deepen their connections and improve their sexual life. Sexual dysfunction is [common among people with Parkinson's](#), and other [symptoms](#) such as rigidity, tremor, and fatigue may also contribute to increased distance between partners in a romantic relationship.

Genetics study in Black, African American people expands

BLAAC PD adds two university sites in the US, now totals six

by Steve Bryson, PhD | March 2, 2023



The Black and African American Connections to Parkinson's Disease (BLAAC PD) study, a research effort to understand the genetic complexities of Parkinson's disease among traditionally underrepresented people, has now expanded to six clinical sites. . .

"Genetic understanding unlocks a door that scientists walk through toward cures," said Alyssa O'Grady, MJFF's director of clinical operations. "We are grateful to the participant and clinical site partners building this study to learn more about Parkinson's-linked genetic changes in Black and African American populations toward better treatments for all."

LEGISLATIVE NEWS



**THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**

2022 saw significant public policy advances in the Parkinson's arena, and your advocacy led the way in educating lawmakers about what our community needs.

Together, we:

- introduced a national plan to end Parkinson's in the U.S. House and Senate;
- fought for and secured potential increased funding for Parkinson's priorities such as the VA's Parkinson's Disease Research, Education, and Clinical Centers;
- passed a bill to remove barriers to medical cannabis research; and
- signed into law new Parkinson's state registries in West Virginia, South Carolina, and Maryland.

In 2023, the MJFF Policy Team will work to:

- reintroduce the National Plan to End Parkinson's Act in the new 118th Congress and steward its passage through the U.S. House of Representatives and Senate;
- pass new state-based Parkinson's disease registries in Maryland, Massachusetts, New York, Ohio, Missouri, Nebraska, Colorado, Oregon, and Hawaii;
- protect and increase access to care and affordable medication; and
- much more!

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 the **Helpline at 1-800-4PD-INFO**.

“Let’s Talk about Dementia”

Date: November 2, 2022 at 1 pm ET (archived)

Parkinson’s disease (PD) does not only affect movement. Many people with Parkinson’s experience slowness in thinking, loss of memory, decreased attention span and difficulty finding words. Dementia refers to advanced problems in memory and thinking that interfere with daily activities and quality of life. This webinar will review the various types of dementia, signs, as well as ways to manage dementia in Parkinson’s.

“Coping with Parkinson's Related Thinking Changes”

Date: March 12 (archived)

Thinking changes are common in Parkinson’s disease (PD) and can start developing even before diagnosis. These changes can significantly impact your well-being, along with those closest to you. Join us to learn from people living with Parkinson’s and experts about treatments and coping strategies for people with cognitive changes during this candid, virtual conversation.

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

Date: April 12, 2023 at 1 pm

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.

Michael J. Fox Foundation -Third Thursdays Webinars:

“One Step at a Time”

Thursday, February 16, 2023; 12-1:00 pm (Will be archived)

Join our expert panel in a rich discussion on walking, gait, balance and Parkinson’s. We’ll dive into strategies to improve common gait problems and emerging research toward new treatments. Learn what to be aware of and when to seek care when experiencing issues with walking and balance.

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

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

This month we will replay 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.

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.

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**.

Don't like to exercise alone?

Anne Olin is offering classes on **Tuesday mornings from 10-11:30 am** at the Town of Ulster Senior Center, #1 Town Hall Drive, Lake Katrine NY 12249. Classes are geared for all levels and spouses and partners are welcome. Sitting, standing, balance and gait exercises are included, all done to musical accompaniment. The Senior Center is a lovely, bright new building with an entrance ramp and lots of parking. Contact **Anne at (845) 679-6250**

For in person and online courses (some free) in tai chi easy and qigong, see:

Kele Baker: <https://kelebaker.com> (Look under "videos" for free sessions.)

Vince Sauter: <http://www.clearstreamtaichi.com>

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.

Obituaries

We sadly note the passing of **Barbara Sinclair**, 91, who died peacefully February 6, 2023, surrounded by family, after a long illness. Valedictorian of her high school class, Barbara then enrolled at the University of Connecticut, where she met and married her late husband, Neil Sinclair.

Devoted to her five children, five grandchildren, and ten great grandchildren, she loved to host large holiday gatherings. Her hosting skills were further expanded when her husband was diagnosed with Parkinson's and she volunteered to become hospitality chair of our PDSGMHV. Later, she became a founding member of our Board of Directors, the group that assumed leadership in 2011, after the death of our founder.

In addition to her many roles as a community volunteer, including for Hospice and sewing costumes for the Poughkeepsie Ballet Theater, Barbara still found time for writing poetry, gardening, reading, bird watching, crafts, sewing, baking and traveling – a full and happy life! She was well loved and will be greatly missed. We send condolences to her family and all who knew her.

A Celebration of Life

The family of late PDSGMHV member **Shirley Bernard** has announced a Celebration of Life for her on Saturday, June 17th at the Rosendale Community Center on Route 32 in Rosendale, NY at 2:00 pm. They ask that those who wish to attend contact her daughter, Elizabeth Fleming, at **845-399-1005** or her sister, Linda Hacksteiner, at **845-452-1025** for details and to register. They don't want to exceed the maximum occupancy.



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.*