



*** Next Meeting ***

"Discussion/Sharing"

Your chance to share your latest victory or challenge and hear from others about theirs. Those with Parkinson's will be in one room with a discussion leader and care partners/family members will be another room.

Come ~ Listen ~ Share ~ Learn

(Light refreshments)

Friday, June 28, 2024 10:00 am – noon (In Person ONLY)

Freedom Plains United Presbyterian Church, 1168 Rt. 55 (East parking lot)
(*across from Arlington High school*)



Our New Website Is Now Live!

Explore the new face of our *Parkinson's Disease Support Group of the Mid-Hudson Valley*. Go to www.midhudsonparkinsons.org to see expanded information on Parkinson's, our history, meetings, resources, Walk Over Water, Board members and much more. Feel free to share the link with others. Enjoy!



Mark Your 2024 Calendar – Monthly Meetings (all remaining meetings this year are in person)

June 28, 2024 – Discussion/Sharing)

July 26, 2024 – “What to Know About Hospitalization with Parkinson’s” **Dr Fabio Danisi**, Neurologist, Movement Disorders Specialist, MidHudson Regional Hospital

August 23 – “Maintaining Physical Therapy for PD” – **Dr. Julie Fineman**

September 27 – Discussion/Sharing

October 25 – “Conversations Caregivers Need to Have” - **Shannon White**

November 8 – Discussion/Sharing

December 13 – Holiday Festivities

Special Events:

September 8, 2024 – Annual “Walk over Water,” Walkway Over the Hudson 1:00 pm – 4:00 pm

We are now meeting at our easily accessible new venue, the **Freedom Plains United Presbyterian Church (FPUPC), 1168 Rt. 55 Lagrange**. Coming into Lagrange from Poughkeepsie on Rt. 55, go past the Arlington High School entrance on your left and the church on your right to the East parking lot. The entrance is at the far end of the lot, but, once in the lot, you can drive up very close to the building. Coming off the Taconic, you go towards Poughkeepsie and enter the parking lot just past the *Daily Planet* and the entrance to Tops Market. Handicapped rest rooms are across the hall from the meeting room, which is right inside the entry.

NOTE: 2024 DUES (\$15/INDIVIDUAL; \$20/COUPLE)

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



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*. Please note that mention of current trials or research “discoveries” are not to be taken as recommendations. These reports are merely to help keep you informed of Parkinson’s in the news. Always consult your neurologist regarding medications.

Addressing anxiety may aid walking problems in Parkinson's

Study finds gait generally worse in patients with anxiety than without anxiety

by [Marisa Wexler, MS](#) | May 14, 2024



People with Parkinson's disease who have clinically significant anxiety tend to walk more slowly and with shorter steps than people with the disease who don't have anxiety.

That's according to the study, "[The impact of anxiety on gait impairments in Parkinson's disease: insights from sensor-based gait analysis](#)," which was published in the *Journal of NeuroEngineering and Rehabilitation*.

The changes in walking may make Parkinson's patients who have anxiety more prone to falls and researchers said the finding suggests that helping patients deal with anxiety may help improve walking ability. . .

Scientists in Parkinson's are finalists for European Inventor Award 2024

French team developed dosing pump to deliver dopamine directly to brain

by [Andrea Lobo](#) | May 23, 2024



[The European Inventor Award 2024](#) has named as finalists a French husband-and-wife team of scientists who developed a dosing pump that allows for direct delivery of dopamine to the brain in people with Parkinson's disease.

The use of dopamine is expected to help reduce symptoms and so-called off episodes, or periods between medication doses when symptoms are not well-controlled, in Parkinson's patients.

The small pump is connected to a catheter designed to be internally implanted into a patient's brain. It allows the patient to then self-administer dopamine using the pump when needed, making the quantities of the medications delivered more consistent. . .

If the trial's results are positive, the researchers will start a Phase 3 clinical trial they hope could lead to approval of the use of the pump and A-dopamine as a Parkinson's treatment in Europe and the U.S.

WEBINARS/Resources

Parkinson Foundation Webinars

"Trouble with Zzz's: Sleep Challenges with Parkinson's" May 8, 2024

For people with Parkinson's, sleep is critical — as the brain and body need more time to restore. Explore common sleep issues associated with Parkinson's, how it affects sleep quality, and ways to get a better night's sleep with PD.



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.**

Michael J. Fox Foundation -Third Thursdays Webinars:

**“Finding Your Way: Working through Emotions in Early Years with Parkinson’s”
Thursday, September 21 (archived)**

In this replay of a popular webinar, our expert panelists will discuss ways to manage emotions and navigate the early years of a Parkinson’s diagnosis. We’ll feature reflections from a person recently diagnosed in addition to people who have been living with the disease for years. We’ll also cover the valuable role people recently diagnosed can play in research. **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.**

MEMBER NEWS

Our “Walk Over Water” Fundraiser Has Launched!

Last year we learned that Parkinson’s is now the **fastest growing neurological disease** – with someone being diagnosed **every six minutes!** What can YOU do right now? Make copies of the enclosed green solicitation letter, or pick up a bunch at the June meeting, or call Nancy at 914-475-2793 or email nredkey@aol.com to get extra copies mailed to you. Note that the letter has **two sides**. Make your list of family, friends and businesses and start mailing out your letters. See below for handy tips. You and your friends can also give **online** at:

www.movingdaywalk.org/communitywalkwalkoverwater.

We will again be presenting the “**Nina Liu Tiger Award**” to the person who brings in the most gifts during our fundraising campaign leading up to the Walk. Might you be the winner? Remember, every journey begins with just one step and every fundraiser begins with just one gift.

DO WHAT YOU CAN - WITH WHAT YOU HAVE - TO HELP CHANGE THE PD WORLD



Letter Writing Tips for Success

- Add a personal line or two to the letter.
- Enclose a return envelope ADDRESSED TO YOURSELF. A quick way to address the return envelope is to use 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 them to a meeting.
- Remember ALL checks get made out to the **Parkinson's Foundation**. This way they don't go through our books. We make a spreadsheet and send them in batches to the Foundation.
- And **don't forget your own gift!**



STRETCHING CLINIC - Special Opportunity

The new FREE stretching clinic at **Marist College**, just for people with Parkinson's, has announced the next open dates. Each session is one-on-one, tailored to you. Your personal appointment can be made through the link below:

Saturday, June 22nd <https://calendly.com/juliefineman/pd-stretch-clinic-saturday-6-22-24>

You can also contact Dr. Kristin Mende at **Kristin.Mende@marist.edu** for more information and how to join. This is run out of the Doctoral Program for physical therapists at Marist.

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**

Attention PDSGMHV Care Partners!

Did you know that we have an online Care Partners Support Group that meets the first Thursday of every month at 5:30pm? This group is facilitated by PDSGMHV member and peer councilor Alex Passas. If you'd like to be on the list for monthly invitations, you can contact Alex directly at **passasalex@gmail.com**.

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, and other adaptive accessories. The latest donations include an all-electric bed (call 845-297-44762), brown leather "lift" chair and an adjustable bed. Call 914-475-2793 for more information on these items. See photos below.



Obituaries

We were sad to learn of the death of PDSGMHV member **Christina Houghtaling, 72**. According to her family, it wasn't always easy for Chris to be the oldest of seven children, but as a big sister she led by example – be kind, be generous, be humble. She “forged her own path in life and was an independent soul,” they said. She never complained and even her last days were filled with feistiness and good humor. They suggest that donations in Chris's name can be made to Hudson Valley Hospice and Hudson Valley Animal Rescue and Sanctuary. We extend our sympathy to her siblings and their entire extended family and friends.



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.