



*** Next Meeting ***

Friday, January 24, 2025 10:00 am – noon (In Person ONLY)

“Treating PD Changes in Cognition and Speech”

Nahida V. Unwalla, MEd, CCC-SLP

Freedom Plains United Presbyterian Church

1168 Rt. 55 (East parking lot

(Light refreshments)



Problems with Speech and/or Cognition?

Over the years, many of our members have been helped with Parkinson's-related speech challenges by Nahida Unwalla, New York Licensed Speech Language Pathologist, but did you know that she now helps with PD cognitive issues as well? Join us for an informative presentation on both – **Friday, January 24th** at 10:00 am.



Mark Your 2025 Calendar – Monthly Meetings

January 24 – “*Parkinson’s-Tailored Speech and Cognition Treatments*” – Nahida Unwalla, MS Ed, CCC-SLP

February 28 – “*Apathy and Depression: Twin Challenges of Parkinson’s*” – Sulada Kanchana, MD

March 28 – *Discussion/Sharing*

April 25 – “*Unveiling the New Abbvie Sub-Cutaneous Pump*” – Scott Parmalee, MS, MBA, Abbvie Neuroscience: Parkinson’s Account Executive with Fabio Danisi, MD

May 23 – “*Planning for Peace of Mind*” – Rachel Flanagan Frost, P.C. (Super Lawyers, Rising Star award (2014-2023))

June 27 – *Discussion/Sharing*

EVENTS:

2025 “Walk Over Water” Parkinson’s Awareness Walk on the Walkway Over the Hudson
Sunday, September 9, 2025 1:00 – 4:00

All in person meetings are held 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.

2025 MEMBERSHIPS NOW DUE!

(\$15/individual; \$20/couple)

Pay at the next meeting or mail a check 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.

Home care agency wins PMD Alliance Parkinson's accreditation

Angels on Call becomes first, only LHCSA in US to win CPDC certification

by [Andrea Lobo](#) | November 27, 2024



[Angels on Call](#), a home care services provider, has been granted Certified Parkinson Disease Care (CPDC) accreditation by the [Parkinson's and Movement Disorders Alliance](#) (PMD Alliance).

The agency became the first in its field to earn [the certification](#) in the U.S. The accreditation involves training staff to create and deliver care plans that specifically address the symptoms and treatment management for people with [Parkinson's disease](#).

Angels on Call provides nursing, companionship, and other private-duty services, helping patients in their own homes with a full- or part-time caregiver. Other services may include physical, occupational, and speech therapy, social work, or rides to appointments.

"At Angels on Call, we don't just care for people with Parkinson's, we empower them and their families," said Eric Dalton, vice president of Angels on Call, in a [press release](#). "Through our CPDC accreditation we connect care partners, family members, and healthcare professionals, creating a community of support that empowers everyone involved."

Choosing to be positive is better than getting stuck at the pity party

It's OK to wallow once in a while, but positivity helps in life with Parkinson's

by [Mollie Lombardi](#) | December 23, 2024

...I like being an optimist . . . (but) . . . We all have bad days. And it's OK to mourn what you thought your future would be, especially when you're diagnosed with early-onset Parkinson's disease. Being told you have a devastating, incurable, progressive, neurological disease right as you're about to enter what should be the prime of your adulthood is indeed a jolt to the system. You need some time to wallow and grieve a "what if" or "what could've been." The problem comes when you spend too much time at the pity party.

Someone once described depression as wishing for a past you can never return to and anxiety as living in a future you can't control. One way to stay in the present is to choose to be an optimist. Yes, it's a choice; it's not something that just appears. It's about deciding to live in the now and being excited for what's next, not remaining in the depression or anxiety.

At the same time, you need to be realistic about your situation and not ignore the disease or avoid doing what you can to improve your future. I saw actor Michael J. Fox speak once, and he compared having Parkinson's with having an unruly dog. If you train and discipline a dog, feed it well, and take it out for walks and socialization, you'll have a strong relationship and everything else can go on as usual. If you don't take care of all those needs, it will eat your furniture.

Being an optimist is a lot like that. You have to make the right choices and do the necessary things. In Parkinson's, that means taking your meds, staying active, getting sleep, and eating right. If you do these things, you can continue most of your life as usual. If you don't, Parkinson's will eat your furniture.

Every day as humans, Parkinson's patients, and caregivers, we have a choice to make. We need the pity party once in a while to process and mourn, but we also have to know when to end it and choose optimism.

Top 10 Parkinson's stories of 2024

News about cognitive decline, disease progression attracted readers' attention
by *Margarida Maia, PhD* | December 31, 2024



In 2024, *Parkinson's News Today* kept readers informed with

- updates on the latest research, treatments, and clinical trials for Parkinson's disease.

Here are the 10 most-read stories in 2024, each with a short summary. We look forward to continuing to support the Parkinson's community and sharing informative stories to our readers in 2025.

No. 10 – Dementia may occur later after Parkinson's diagnosis

Dementia, which can rob patients of their memory and ability to control emotions, can sometimes occur as a nonmotor symptom of Parkinson's. However, a study found most patients do not develop dementia within the first 10 years of their Parkinson's diagnosis. This challenges the common belief that dementia is frequent and occurs early in the course of the disease. Most patients in the study went on to develop dementia within 15 to 25 years after being diagnosed with Parkinson's, with older men and those with less formal education experiencing it earlier.

No. 9 – Pesticides, herbicides used in farming linked to higher Parkinson's risk

A study funded by the Michael J. Fox Foundation for Parkinson's Research found people exposed to high levels of farming herbicides and pesticides in the U.S. are up to 36% more likely to develop Parkinson's. With growing evidence that environmental factors can increase the risk of developing the disease, researchers say it is time to take steps to prevent Parkinson's by reducing exposure to harmful chemicals.

No. 8 – Magnes' smart shoes available in US, EU markets

Not long after getting cleared for the U.S. market, Magnes' NUSHU smart shoes received CE marking approval this past summer to enter the European Union market. The smart shoes use sensors to pick up a patient's walking pattern and haptics to provide feedback on how Parkinson's is changing the way a person walks. This can help a patient confirm steps, regain balance, and maintain rhythm, making NUSHU helpful in the clinic or at home.

No. 7 – Prescribing exercise as medicine may help manage Parkinson's

Engaging in regular physical exercise can help people with Parkinson's stay active, keep balance, and ease motor symptoms. But there's growing evidence of its broader benefits in preventing the disease or slowing its progression. As such, researchers in Denmark and Sweden suggest prescribing personalized physical exercise programs early in the course of disease, along with standard medical treatments, to improve how Parkinson's is managed.

No. 6 – Machine learning uses Parkinson's progression to identify subtypes

Not everyone experiences Parkinson's in the same way, which can make its diagnosis or choice of treatment difficult. Researchers at Cornell University in New York used machine learning, a

type of artificial intelligence, to identify three Parkinson's subtypes by recognizing patterns in how symptoms progress in newly diagnosed patients. Each subtype also appears to have unique genetic markers, which could offer targets for earlier diagnosis and more personalized treatment.

No. 5 – Buntanetap may halt cognitive decline in early Parkinson's

A Phase 3 clinical trial found buntanetap, an investigational oral treatment being developed by Annovis Bio, stopped cognitive decline in early Parkinson's and improved cognition in those with mild dementia. It also improved motor function in patients diagnosed more than three years prior to treatment and in those with difficulty balancing and walking. Buntanetap targets proteins that form toxic clumps in neurodegenerative diseases.

No. 4 – Thyroid hormones may be linked to cognitive decline

The thyroid gland controls how the body uses energy. A study in China found low levels of thyroid hormones may be linked to thinking and memory problems in people with Parkinson's disease. Patients who had memory problems had much lower levels of a thyroid hormone called FT3 in the bloodstream, a finding that suggests FT3 could be used as a marker for doctors to monitor cognitive decline in Parkinson's.

No. 3 – Changes in gut microbiome may influence progression of symptoms

People with Parkinson's have substantial changes in their gut bacteria compared to healthy individuals, with some of these changes connected to a faster progression of motor symptoms. This adds to growing evidence that the gut microbiome — the bacteria and other microbes in the gut — may influence how Parkinson's progresses via the gut-brain axis, opening possibilities for treating the disease.

No. 2 – Difficulty in seeing, understanding space predicts cognitive impairments

A four-year study found early difficulties with visual processing and spatial reasoning often predicted future cognitive problems. Results also revealed cognitive function in those with Parkinson's either stayed stable or worsened over time. In patients with cognitive decline, increased slow brain waves — a brain activity pattern linked to sleep — at the study's start also predicted worsening cognitive abilities after two and four years.

No. 1 – Levodopa taken at bedtime may make for better sleep

Sleep issues affect many people with Parkinson's, causing frequent nighttime awakenings. A small study found that taking levodopa, the mainstay of Parkinson's treatment, before bed helped reduce how often patients woke up and how long they stayed awake at night. Researchers used an actigraphy device, which monitors sleep-wake patterns, to measure these changes, as patients didn't always notice the improvements themselves. Using objective tools like actigraphy can help accurately assess sleep quality, especially in the early and middle stages of Parkinson's.

Dancing shown to ease depression in Parkinson's disease

Study participants took weekly classes at National Ballet School in Toronto
by Margarida Maia, PhD | January 2, 2025



Weekly dance classes may help attenuate symptoms of depression in people with Parkinson's disease, which results in changes in the brain toward better emotional control, a study from York University in Toronto suggests. "We're not trying to cure Parkinson's with dance," Joseph DeSouza, PhD, who led the study, said in a university news story. "What we're trying to do is to have people live a better quality of life. This goes for both those with the disease and their families that take care of them — they also get benefits of feeling better."

Congratulations, Michael J. Fox !

(Excerpted from a Michael J Fox Foundation January 7, 2025 email.)



The Michael J. Fox Foundation for Parkinson's Research salutes our founder for his vision and extraordinary achievements in galvanizing the search for better treatments and a cure.

Our deepest congratulations to Michael as he receives the Presidential Medal of Freedom, the nation's highest civilian honor, for his tireless advocacy and boundless optimism to change the future for millions.

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.**



Michael J. Fox Foundation -Third Thursdays Webinars:

"Year of Momentum: What Parkinson's Research Accomplished in 2024"

Nov. 21, 2024 (archived)

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



STRETCHING CLINIC – New Dates

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

January 18th, 2025 <https://calendly.com/juliefineman/pd-stretch-clinic-january-18-2025>

February 8, 2025 <https://calendly.com/juliefineman/pd-stretch-clinic-february-8-2025>

February 22, 2025 <https://calendly.com/juliefineman/pd-stretch-clinic-february-22-2025>

March 8, 2025 <https://calendly.com/juliefineman/pd-stretch-clinic-march-8-2025>

March 29, 2025 <https://calendly.com/juliefineman/pd-stretch-clinic-march29-2025>

April 12, 2025 https://calendly.com/juliefineman/pd-stretch-clinic-april_12_2025

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 College.

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. 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 participate, you can contact Alex directly at passasalex@gmail.com.

Need some Equipment? JUST IN: A U-Step Walker! FREE!

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.

\$\$\$ SAVING MONEY \$\$\$

As postage fees continue to rise, we continue to look for cheaper ways to share our newsletter. If you would be willing to read the newsletter online, please let Nancy know and we will deliver it to your computer instead of your mailbox.

Obituaries

Long-time member of PDSGMHV, **Kenneth C. Chatlos**, 82, died on December 24, 2024. Ken was a beloved founding member of our volunteer Board, which took over from our founder in 2010. Born in Poughkeepsie, he graduated from Wappingers Central School District and later studied architecture at Dutchess Community College, where he worked for a number of years. In 1979 he partnered in the development of *East Fishkill Builders*. In 1994, he founded his own company, *Ken C. Chatlos Carpentry & Remodeling*, which he ran for many years. Ken took his Parkinson's in stride and didn't let it stop him from active participation in our group, especially our annual "Walk Over Water" where his signature bubble machine brightened even the occasional rainy Walk. Along with his granddaughters, Maggie and Molly, he helped make each Walk special. A friend to all, his good humor, dedication and dignity were an inspiration. We extend our heartfelt sympathy to his wife Madeline and their entire extended family and friends.

On October 24, 2024, we also lost **Deirdre Ann Leber**, 65. Born in Manhattan, she studied drawing and painting from an early age. She attended the Lycee Francais and graduated from the United Nations International School with a baccalaureate degree. Diedre was accepted at Bowdoin College in Maine, but transferred after a year to the University of Pennsylvania, where she caught the eye of David Daub, later to become her husband. The couple had two children and in 2000 moved to Rosendale, where Deirdre continued to paint, thriving in nature, community, children, and the arts, especially music and dance. Even towards the end of her journey with Parkinson's, she was able to remain at home with 24/7 care. As her husband said, "She always loved boundlessly, everyone around her." We echo this lovely remembrance and send our sympathy to David, the two children, their 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.