



*** Next Two Meetings ***

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

Discussion/Sharing

(Bring you latest challenge or victory)

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Friday, November 14, 2025 10:00 am – noon (In Person)

***“PWR!Moves”* Sandy Fini, Physical Therapist**

(No November newsletter; postcard reminder only)

Freedom Plains United Presbyterian Church

1168 Rt. 55 (East parking lot)

(Light refreshments)





Mark Your 2025 Calendar – Monthly Meetings

October 24 - Discussion/Sharing

November 14 – “PWR!Moves” – Sandy Fini (new PD physical therapy built on updated LSVT Big)

December 12 - Holiday Festivities

January 23 – “What’s Cognitive Behavioral Therapy?” Dr. Roseanne Dobkin; Rutgers University Behavioral Health Care, New Brunswick, NJ

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.

EVENTS:

November meeting: “PWR!Moves” Sandy Fini

This new physical therapy program is built on LSVT Big and can be practiced standing, sitting, or lying down. In any position, the moves address mobility issues and functionality and can be beneficial in stand-alone group exercises, integrated into your daily activities and routines (daily living, hobbies, sports, recreation), in physical and exercise therapy settings. The PWR!Moves can be used differently to target each person’s unique symptoms. Come see how you might benefit!



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.

Staying active in hospital speeds recovery, improves outcomes

Researchers say Parkinson's patients should move at least 3 times a day

by [Andrea Lobo](#) | September 17, 2025



People with Parkinson's disease who stay active while in the hospital may recover faster and live longer, according to a study.

The research, conducted by the Parkinson's Foundation in partnership with University Hospitals, found that patients who moved at least three times a day — as the Parkinson's Foundation recommends — had shorter hospital stays, were more likely to return home instead of being discharged to a care facility, and had a lower risk of death after leaving the hospital.

The study, "Impact of inpatient mobility on outcomes in Parkinson's disease," was published in *Parkinsonism & Related Disorders*.

"For people with Parkinson's, staying mobile in the hospital can make an enormous difference when it comes to recovery and being more likely to go home instead of another care facility," the Parkinson's Foundation said in a news story. Moving during a hospital stay, with the help of a care team, can help reduce muscle loss, improve sleep, and enhance focus, the foundation said. . .

Finding hope and healing in the sounds of music

Hearing a lullaby brought peace during a difficult hospitalization

by [Jamie Askari](#) | September 16, 2025

. . . Although we (a woman and her husband) were at the hospital because my husband had suffered a serious injury and needed to heal, people under the same roof were experiencing a miracle: the beginning of a new life. Each time the song (Brahms "Lullaby") played (over the loudspeaker at the birth of each new baby), my heart smiled, and for a few moments, I forgot about the devastating fall that had brought us to this place.



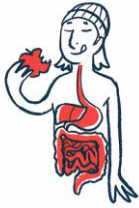
In addition to my friends and family, hearing the lullaby was one of the things that got me through the difficult week. I'd sung the lyrics to all three of my children as I rocked them to sleep as newborns. Each time the song played over the speakers, I was taken back to those quiet, dark nights alone with my babies, and for a brief moment, all felt right in the world.

Music is a powerful tool that's often used to promote physical and psychosocial healing, improve well-being, and even treat gait issues in patients with Parkinson's disease. It can also simply spark joy, as was the case with the lullaby.

Scientists may have found way to prevent constipation in Parkinson's

Meds to treat spinal cord signaling issues may help patients: Study

by [Lila Levinson, PhD](#) | September 23, 2025



Interactions between receptors for ghrelin, the so-called hunger hormone, and the chemical signaling molecule dopamine may go awry in [Parkinson's disease](#), potentially leading to chronic constipation — a symptom that the Australian scientists behind this new research called “debilitating” for many people with the condition.

To learn more about the causes of constipation among Parkinson's patients, a research team from the University of Queensland, led by Sebastian Furness, PhD, investigated the molecular mechanisms in the spinal cord that support voluntary defecation.

The scientists found that, without the background activity of a receptor protein that recognizes ghrelin, dopamine signaling pathways can't properly activate. Dopamine is a neurotransmitter — a signaling molecule that nerve cells use to communicate with each other and the rest of the body — that is progressively lost in Parkinson's disease.

Based on these findings, the team hypothesized that a medication that mimics ghrelin could ease constipation in people with Parkinson's.

“We're translating this knowledge about normal physiology into a major step [toward] improving the quality of life for people with Parkinson's disease, a neurodegenerative disorder that causes chronic constipation in up to 90 percent of patients,” Furness said in a [university news story](#). “This discovery might allow us to substantially improve the lives [of] people living with Parkinson's disease.”

Furness' research group has been awarded \$3 million by the U.S. Department of War to pursue this clinical translation, according to the university.

The study, “[Constitutive ghrelin receptor activity enables reversal of dopamine D2 receptor signaling](#),” was published in the journal *Molecular Cell*.

Small US study testing Aspen's personalized cell therapy ANPD001

by [Lila Levinson, PhD](#) | September 29, 2025



In a trial milestone, participants in the third patient group of the [ASPIRO Phase 1/2a study \(NCT06344026\)](#) are now receiving the commercial formulation of ANPD001, [Aspen Neuroscience's](#) cell therapy candidate for [Parkinson's disease](#).

While [participants in earlier groups](#) also received ANPD001, the third group is the only one thus far to receive the formulation Aspen hopes to commercialize if the treatment is approved. The company said this formulation was created with scalable, reliable manufacturing in mind. . .

Early results from the first three participants, who received a low dose of ANPD001, demonstrated [improvements in motor function](#), according to the company. Six months after receiving the therapy, participants had an average 45% decrease in motor symptom severity when off medication, and a 71% increase in their ability to perform everyday tasks.

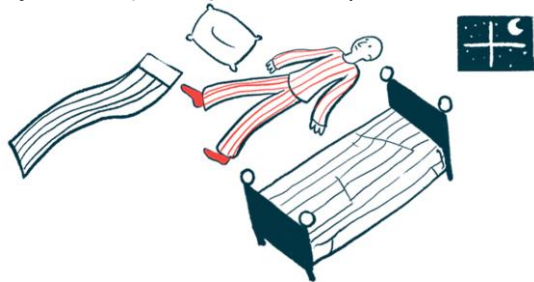
Investigators did not record any serious side effects during that six-month period, and participants didn't require immunosuppressive treatment, Aspen noted. . .

ANPD001 has received fast track designation from the U.S. Food and Drug Administration (FDA). This allows Aspen to interact more frequently with regulators and may accelerate any FDA review of the therapy.

Imaging can predict Parkinson's from REM sleep behavior disorder

Biomarkers may help ID disease likelihood vs. dementia with Lewy bodies

by [Lindsey Shapiro, PhD](#) | October 3, 2025



An international team of scientists has identified imaging biomarkers that can predict which people with REM sleep behavior disorder (RBD) will develop Parkinson's disease, or who might progress to dementia with Lewy bodies (DLB).

Most individuals with RBD — a sleep disorder in which people unknowingly act out their dreams, both physically and vocally — go on to develop one of these two neurodegenerative diseases. To date, however, researchers haven't known how to predict which disease it would be.

In two newly published studies, the scientists found that problems with a waste clearance system in the brain predict the development of Parkinson's, while water content in a specific brain region predicts DLB.

"We already knew that isolated REM sleep behaviour disorder is a warning sign for these diseases. ... What we didn't know was who would develop what," Shady Rahayel, PhD, a professor at the University of Montreal and the senior author of the studies, said in a [university news story](#).

"Thanks to these complementary studies, we now have tools to better predict and personalize care," said Rahayel, a neuropsychologist who also serves as a researcher at the Sacré-Cœur Hospital in Montreal. . .

The scientists believe these findings pave the way for personalized screening tests that can predict which neurodegenerative disease will develop in a person with RBD. Such testing would allow clinicians to monitor individuals experiencing REM sleep behavior disorder more carefully and address either neurodegenerative disease in the early stages before irreversible damage sets in.

"Altogether, these results support the idea that combining MRI-based differential markers ... may allow for more specific prediction of disease trajectories, potentially improving patient stratification in clinical trials and prognosis in neurodegenerative diseases," the researchers in the first paper wrote.

Tiny brain device tracks Parkinson's effect on executive function

Temporary implant collects data on complex brain region

by Patricia Inácio, PhD | October 8, 2025



Neurosurgeons temporarily implanted a tiny device into the brains of three people with Parkinson's disease to collect data on a poorly known brain region, with the goal of understanding how Parkinson's affects executive function.

Doctors at the University of Colorado Anschutz — the first site authorized by the U.S. Food and Drug Administration (FDA) to use the investigational device to study executive function — are collaborating with colleagues at Baylor University and Mass General Brigham to extend the research to 15 patients.

The Neuropixels device, a probe thinner than a human hair, will collect data from the dorsolateral prefrontal cortex, which is responsible for tasks such as planning, problem-solving, and multitasking — all impaired in Parkinson's.

“The loss of executive function is one of the most devastating symptoms of neurological diseases such as Parkinson's and Alzheimer's disease,” Daniel Kramer, MD, the study's principal researcher and an assistant professor at the CU Anschutz School of Medicine, said in a university press release. “We currently lack the biomarkers needed to target and improve these functions, which is why this research is so groundbreaking because we're gaining new insights into one of the most complex parts of the brain.”

. . . The device was implanted in the participants' brains while they were awake during deep brain stimulation (DBS) surgery, a therapeutic approach where electrodes are implanted in specific brain regions to regulate neuronal activity and help ease Parkinson's symptoms.

With the device implanted, the patients were asked to perform executive function tasks so that it could collect data on neuronal activity related to this cognitive function. The device was then removed and the DBS surgery completed.

Neuropixels' enhanced ability to track neuronal activity will enable scientists to pinpoint specific patterns or irregularities in brain function related to Parkinson's, paving the way for the identification of biomarkers that could improve treatment for its symptoms, the university said.

. . . This procedure received FDA approval under the Investigational Device Exemption program. The research is funded by the National Institutes of Health's Brain Research Through Advancing Innovative Neurotechnologies Initiative and the National Institute on Deafness and Other Communication Disorders.

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! 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)

Sniff Test: Surprising New Learnings about Smell Loss and Parkinson’s

March 20, 2025 (archived)

Smell loss can signal brain changes due to Parkinson’s disease (PD) long before motor symptoms begin. It can also be a challenging symptom to live with, impacting things like appetite and household safety. **Watch previous Third Thursday Webinars at**

www.michaeljfox.org/webinars

“New Treatment Options for Progressing Parkinson’s”

October 16, 2025 (archived)

As Parkinson’s progresses and symptoms change, people living with the disease seek out more effective treatments to manage their symptoms. Within the last year, the U.S. Food and Drug Administration has approved five new treatments, including 24/7 under-the-skin infusion pumps, providing additional options for people who have been living with the disease for a few years. hear our expert panel discuss the latest medication and treatment options for progressing Parkinson’s.

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 upcoing 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

“WALK OVER WATER” NOTE: If you have received more gift responses to your letters, please bring them to the October meeting or mail them to PDSGMHV P.O. Box 304 Lagrangeville, NY 12540. Every dollar counts!

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? Check our loan closet before buying anything new. We have a variety of new and lightly used items. Call Nancy at **914-475-2793**.

\$\$\$ 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.

2025 MEMBERSHIPS OVER 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 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.*