



*** Next Meeting ***

Friday, September 26, 2025 10:00 am – noon (In Person)

“A Caregivers Tale” Dave Iverson

(writer, documentary film producer/director, retired broadcast journalist)

Freedom Plains United Presbyterian Church

1168 Rt. 55 (East parking lot)

(Light refreshments)

“Walk Over Water 2025”





Top left: 1st Row Board members Anne Olin, Julie Fineman, Nancy Redkey, John Cox; On the Walkway; Row 2: Tiger Award Runners Up Michael and Marilyn Schwartz; face painting; Parkinson's Foundation rep Ann Warren; Row 3: Marist student volunteers



Mark Your 2025 Calendar – Monthly Meetings

September 26 – “A Caregiver’s Tale” - Dave Iverson (Author of the book “*Winter Stars*” and the award-winning Frontline film “*My Father, My Brother and Me*”)

October 24 - Discussion/Sharing

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

December 12 - Holiday Festivities

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:

September meeting: Dave Iverson “A Caregiver’s Tale”

Some of you will remember Dave Iverson from the pandemic when he joined us all on Zoom from California. As we noted then, he is a writer, documentary film producer/director and retired broadcast journalist. Dave also has an amazing Parkinson’s story to tell. His Frontline, award-winning film, “*My Father, My Brother and Me,*” documented how each was diagnosed with Parkinson’s and shared their journey. Most recently, his first book, “*Winter Stars,*” tells of Iverson’s role as caregiver for his aging mother. Each of these stories tells of first-hand, lived experience, with compassion, humor and love. He will be coming to us live on **September 26th** via our big screen at Freedom Plains Church. You won’t want to miss this special opportunity.

\$\$\$ 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 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.

AI pen analyzes handwriting to spot Parkinson's with 96% accuracy

Device tested participants by having them write wavy lines, swirls, and letters

by [Steve Bryson, PhD](#) | July 14, 2025

A low-cost, self-powered pen with magnetic ink may help detect early signs of [Parkinson's disease](#) by analyzing handwriting. When the pen was tested, it was able to distinguish Parkinson's patients from healthy people with an average accuracy of 96%, a study reports.

"Detection of subtle motor symptoms unnoticeable to the naked eye is critical for early intervention in Parkinson's disease," Jun Chen, PhD, an associate professor of bioengineering at the University of California, Los Angeles' Samueli School of Engineering and the study's lead, said in a [press release](#). "Our diagnostic pen presents an affordable, reliable and accessible tool that is sensitive enough to pick up subtle movements and can be used across large populations and in resource-limited areas. . ."

"The pen shows potential as a low-cost, accessible tool for [Parkinson's] diagnosis, with potential scalability for broader population use and the prospect of addressing critical gaps in clinical care," the researchers wrote. "Future work could involve patients with [Parkinson's] with known and varying disease stages to further investigate the diagnostic pen's potential for stage evaluation and for tracking disease progression over time."

Weekly injectable implant may be 'game-changer for Parkinson's care'

Its steady release of levodopa-carbidopa helps reduce off times, side effects

by [Margarida Maia, PhD](#) | July 18, 2025



A weekly injectable implant could make treatment for [Parkinson's disease](#) easier and more effective by steadily releasing [levodopa and carbidopa](#) into the bloodstream and replacing the need to take the medications multiple times a day, according to a study led by the University of South Australia (UniSA). "Our goal was to create a formulation that simplifies treatment, improves patient compliance, and maintains consistent therapeutic levels of medication. This weekly injection could be a game-changer for Parkinson's care," Sanjay Garg, PhD, a professor at UniSA who led the study, said in a [university press release](#).

Personalized algorithms help improve walking in Parkinson's

Study employs mathematical models to adjust deep brain stimulation settings

by [Lila Levinson, PhD](#) | August 5, 2025

Using mathematical models, researchers at the University of California, San Francisco (UCSF)



successfully predicted how to adjust [deep brain stimulation](#) (DBS) settings to improve gait for people with [Parkinson's disease](#), according to a study. . . “Future work with larger, more diverse populations is needed to validate these findings and fully realize the promise of personalized DBS therapies,” they noted.

MIND diet may slow Parkinson's progression, study finds

Reducing levels of key protein helps maintain healthy gut barrier

by [Margarida Maia, PhD](#) | August 15, 2025



A study showed that following the MIND diet — one that's rich in vegetables, whole grains, legumes, nuts, and berries, and low in sugary, fried, and high-fat foods — may help maintain gut health in people with [Parkinson's disease](#) by reducing the levels of zonulin, a protein that helps control what passes from the gut into the bloodstream.

This is relevant because a permeable (leaky) gut can allow toxic substances to enter the bloodstream and reach the brain by traveling along the gut-brain axis, contributing to how Parkinson's develops and how fast it progresses. Maintaining a tight gut barrier may help slow the worsening of symptoms. . . “These findings suggest that this dietary pattern may offer dual benefits for both neurological and intestinal health,” the researchers wrote. However, “further studies with larger samples and controlled interventions are needed to confirm causality and explore underlying mechanisms,” they added.

New Parkinson's Foundation pilot aims to help patients navigate trials

Goal is to increase enrollment in studies of genetic-focused treatments

by [Andrea Lobo](#) | August 25, 2025



The [Parkinson's Foundation](#) has launched a pilot program it hopes will make it easier for [Parkinson's disease](#) patients who carry specific disease-related genetic variants to enroll in clinical trials testing targeted experimental treatments.

The new program, dubbed PD Trial Navigator, is designed to help meet a central goal of the ongoing [PD GENERation study](#) and help match people with Parkinson's to gene-targeted clinical trials. PD GENERation, [launched](#) in 2019, provides free genetic testing and counseling to individuals diagnosed with Parkinson's.

“More than 25,000 people living with PD [Parkinson's disease] have already participated in PD GENERation,” John L. Lehr, the president and CEO of Parkinson's Foundation, said in a [foundation press release](#) announcing the new program.

“Once they learn their genetic link to Parkinson's, they can become active participants in clinical trials, accelerating our understanding of this disease and achieving breakthrough discoveries,” Lehr said. Eligible trials must be regulated and approved by the U.S. Food and Drug Administration and Institutional Review Boards, and be recruiting patients in the U.S.

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**

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



“Walk Over Water” Report

Despite showers at dawn, the skies cleared mid-morning and a delightful early Fall day unrolled on September 7th for our 14th “Walk Over Water.” Tents went up, Rock Steady Boxing and tai chi/qigong demonstrations took place, interspersed with face-painting and kids’ games, while music played throughout the event, supplied by Marist graduate Julian Voss.

After a welcome by PDSGMHV Chair Nancy Redkey, the annual “*Nina Liu Tiger Award*” for most gifts collected was presented. Amazingly, Joan Smith maintained her winning streak for the SIXTH year in a row! Marilyn and Michael Schwartz were the new Runners Up. Jeanette Liu, one of Nina’s three daughters and representative of premier sponsor Avenue Capital Group, presented the award. Final gifts received at the Walk revealed that Pam Lubbers was a close challenger to Joan’s winning streak. Apparently, Nina’s example has spawned a new generation of Parkinson’s “tigers.”

A few pledges have still to come in, but it looks like we may once again meet our goal of the last four years. CONGRATULATIONS and STAY TUNED for the final count!

NOTE: If you still receive gift responses to your letters, please bring them to the September 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**.

Obituaries

We sadly report the death of long-time member **Terrance “Terry” Tornatore**, 71, who died suddenly on September 7, 2025. A 1976 Bachelor of Science graduate of SUNY Fredonia, Terry went on to pursue a Masters in Mathematics and Operations Research at Penn State University. As a dedicated employee of IBM for 22 years, he worked with a team to create a US patent for silicon wafer technology advancements. On disability later on, he pursued such subjects as history, political science, religion and, finally, the Cursillo movement, always showing leadership and kindness in his interactions with others. His love of music and sports was exceeded only by his love of family and friends, who all remember his sense of humor and compassion.

His wife of 42 years, Susan Caverly Tornatore, survives at home. We send our condolences to her and his entire devoted family.

We also note the passing of member **Ellen Shultis** on June 1, 2025, surrounded by her family and beloved cats. The huge turnout by the community for the service and reception attested to the high regard that all had for Ellen. We send our condolences to the family and her many 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.