



*** Next Meeting ***

Friday, March 27, 2026 10:00 am – noon (in person)

“Discussion/Sharing”

(Bring your latest tip or challenge to share)



“Discussion/Sharing”

These sessions, held periodically throughout the year, are your opportunity to share any tips or resources you've found for living better with Parkinson's as well as air your own PD challenges. Someone else may be having the same issue! You are the experts on living with Parkinson's! Please come, share and learn.



Mark Your 2026 Calendar – Monthly Meetings

(See the last page for directions to our meeting location)

- March 27 - *“Discussion/Sharing”*
- April 24 - *“Non-Invasive Focused Ultrasound”* (Insightec)
- May 22 - *“PD Advantages of the Alexander Technique”*- Emily XXX
- June 26 - *“Discussion/Sharing”*
- July 24 - *“The Parkinson’s Plan: A New Path to Prevention and Treatment”*- Dr. Ray Dorsey (Also the author of *“Ending Parkinson’s Disease”*)
- August 28 - *“PWR! Moves”* – Sandy Fini
- September 25 - *“Discussion Sharing”*
- October 23 - TBA
- November 13 - *“Discussion/Sharing”*
- December 11 - *“Holiday Festivities”*

EVENTS

Northeast Parkinson’s Foundation Chapter Symposium

The Northeast Chapter of the Parkinson’s Foundation will be hosting a symposium addressing *“symptoms, options and strategies to help navigate the challenges of living with PD. While each person’s experience is unique, the more you know, the more empowered you will be to play an active role in your care and manage your life with Parkinson’s.”* This event will be in person and online. It’s FREE, but attendees must register. (See below)

Speakers are from the Parkinson’s Foundation Centers of Excellence at:
Columbia University Irving Medical Center (Julian Agin-Liebes, MD, Hiral Shah, MD)
Mt Sinai Beth Israel (Joohi Jimenez-Shahed, MD, Matthew Swan, MD, Joan Miravite, DNP)
NYU Langone Medical Center (Giulietta Riboldi, MD, PhD, Betsy Thomas, MD)

Saturday, April 11, 2026
Shames JCC on the Hudson
Tarrytown, NY 12591
11:00 am to 3:00 pm

For more information or to register, contact Nancy Nealon, Northeast Education and Outreach Director, at nnealon@parkinson.org or 585-743-1266.

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2026 MEMBERSHIPS 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.

Gut immune cells may help Parkinson's spread from the belly to the brain

Mouse study reveals how specialized cells inadvertently ferry toxic protein

Written by [Michela Luciano, PhD](#) | February 5, 2026



- Parkinson's may originate in the gut, with muscularis macrophages inadvertently spreading toxic alpha-synuclein proteins to the brain.
- Early gastrointestinal issues like constipation often precede motor symptoms, linked to alpha-synuclein accumulation in gut nerves.
- Reducing these gut immune cells in mice limited disease spread and symptoms, suggesting a potential therapeutic target.

Parkinson's disease may actually begin deep in the gut, where immune cells meant to protect the body inadvertently help toxic proteins make their way to the brain, according to a new study. Researchers at the UK Dementia Research Institute at University College London (UCL) have identified a specific type of immune cell — muscularis macrophages — as a key player in this process. While these cells normally maintain nerve health, researchers found they can instead harbor clumps of alpha-synuclein, the toxic protein linked to Parkinson's, and facilitate its spread toward the central nervous system.

In mouse models, reducing the levels of these gut-based immune cells significantly limited the spread of the disease to the brain and eased motor symptoms. This discovery offers a biological roadmap for a theory scientists have chased for decades: that Parkinson's starts in the digestive tract years before the first tremor appears. . .

"Our study shows that immune cells are not bystanders in Parkinson's; these gut macrophages are responding, albeit in a dysfunctional way," said Soyon Hong, PhD, group leader at the UK Dementia Research Institute and co-lead author of the study. "This presents an opportunity to think about how we can boost the function of the immune system and these cells, so that they respond in the correct manner and help to slow or stop the spread of disease."

SCAN brain network may offer new treatment target in Parkinson's



Study links abnormal brain connectivity to movement symptoms in Parkinson's
Written by [Andrea Lobo](#) | February 10, 2026

Targeting SCAN with therapies like TMS may help ease Parkinson's motor symptoms.

Targeting a brain network that links thinking and movement may be an effective treatment strategy for easing motor symptoms in people with **Parkinson's disease**.

The somato-cognitive action network (SCAN) lies within the motor cortex, a brain region that controls body movements. In Parkinson's, SCAN dysfunction, particularly increased connectivity between SCAN and subcortical regions, has been linked to hallmark symptoms of the disease.

"This work demonstrates that Parkinson's is a SCAN disorder, and the data strongly suggest that if you target the SCAN in a personalized, precise manner you can treat Parkinson's more successfully than was previously possible," Nico U. Dosenbach, MD, PhD, professor at Washington University Medicine and co-author of the study, said in a [university news story](#). "Changing the activity within SCAN could slow or reverse the progression of the disease, not just treat the symptoms."

The study, "[Parkinson's disease as a somato-cognitive action network disorder](#)," was published in *Nature*. . .

The team is preparing clinical trials with Turing Medical, a Washington University startup co-founded by Dosenbach, to evaluate a non-invasive therapy for gait dysfunction in people with Parkinson's. The approach uses surface electrode strips placed over SCAN regions. Dosenbach also plans to explore modifying SCAN activity using low-intensity focused ultrasound, a non-invasive technique that changes brain activity using sound energy.

Smartphone app helps Parkinson's patients map daily symptoms

Study finds ratings from patient self-reports match doctors' clinical ratings

Written by [Margarida Maia, PhD](#) | February 12, 2026

- A smartphone app helps Parkinson's patients track daily symptoms.
- Patient reports using the app align with doctors' ratings for many symptoms.
- The tool improves patient-doctor communication and enables remote monitoring.

The study, "[Visual self-reporting for symptom communication in Parkinson's disease](#)," was published in *Technology and Health Care*. . .

"By collecting patient-reported symptom data through a visual interface, the PIS Report offers a novel approach that differs from traditional language-based questionnaires and observation-based assessments," the researchers wrote.

New exercise tips aim to help people with Parkinson's stay active

Parkinson's Foundation, ACSM update guidelines for first time in 3 years

Written by [Andrea Lobo](#) | February 24, 2026



- The Parkinson's Foundation and the American College of Sports Medicine have issued updated exercise guidelines for people living with Parkinson's.
- The recommendations urge 150 minutes weekly of aerobic, strength, stretching, and balance exercises.
- The new guidelines aim to help people with Parkinson's

manage symptoms and maintain independence.

The [Parkinson's Foundation](#) and the [American College of Sports Medicine](#) (ACSM) are teaming up to make exercise more accessible and sustainable for people with [Parkinson's disease](#) — while keeping patients safe.

The foundation and the ACSM, which bills itself as the world's largest sports medicine and exercise science organization, have announced updated exercise guidelines for Parkinson's patients — the first in three years. The new updates incorporate expert feedback and insights focused on time management, exercise dose and intensity, and adaptations as the disease progresses.

“The Parkinson's Foundation is committed to ensuring that individuals with Parkinson's disease receive the most current and effective guidance for exercise, which is why we meticulously reviewed our exercise recommendations after three years to integrate valuable insights from the community and professionals,” John L. Lehr, president and CEO of the Parkinson's Foundation, said in a press release announcing the new guidelines.

“We are proud to continue our partnership with ACSM and provide people living with [Parkinson's disease] important guidance on staying active and living well with the disease,” Lehr said. . .

Regular exercise can help those with Parkinson's stay independent

Establishing [regular physical exercise](#) habits has been shown to ease Parkinson's symptoms by helping patients maintain muscle strength and improve balance and mobility. Incorporating a regular activity program can also help people with Parkinson's stay more independent in daily tasks, according to the partners. It may also help ease mood changes and improve thinking skills. The [new recommendations](#) stretch across four domains: aerobic activity, strength training, stretching, and balance and agility.

These updated guidelines also advise patients to engage in physical exercise during on times, the periods of time when symptoms are well controlled with medication, have supervision if needed, seek functional evaluation from a physical therapist, and register exercise routines and physical and cognitive changes over time.

The recommendations emphasize engaging in moderate to vigorous aerobic activity three days a week, for at least 30 minutes per session. This could be brisk walking, running, cycling, swimming, dancing, or interval training — a program that alternates short, high-intensity exercise bursts with lower-intensity recovery periods.

Strength training is also advised, preferably 2-3 times per week on nonconsecutive days for at least 30 minutes per session. These sessions should target major muscle groups in the core and limbs, using body weight, resistance bands, handheld weights, or weight machines. During these exercises, participants should focus on good posture, per the guidelines. Weights and bands should be used with caution.

Stretching exercises should involve active range of motion, or movements a person can produce at a joint using their own muscles. This should be done with deep breathing before and after exercise. Balance and agility exercises are recommended at least 2-3 times per week. However, these can be more effective if performed daily.

Balance, agility, and multitasking exercises include multidirectional stepping, weight shifting, turning, and large movements such as yoga, tai chi, dance, and boxing.

Guidelines urge 2.5 hours of physical activity each week

Overall, patients should participate in 150 minutes, or 2.5 hours, of moderate-to-vigorous physical activity per week, ideally combining different types of exercise, the recommendations say. Leveraging local communities may help people with Parkinson's maintain motivation to exercise.

Exercise is essential to living well with Parkinson's disease.

The foundation and the ACSM note that each of the recommended activities can pose specific safety concerns and require supervision. For instance, aerobic activity in Parkinson's patients may carry a risk of freezing of gait, low blood pressure, or the inability of the heart to properly increase its rate during exercise. Meanwhile, it's important to note that muscle stiffness may hinder full range of motion, strength training, and stretching.

Stretching, balance, and agility exercises may require adaptations due to a flexed posture, pain, fragile bones, balance issues, and changes in body awareness. For example, during balance exercises or stretching, patients may hold on to something stable as needed.

Katie Feltman, ACSM's CEO, said the important thing is for people with Parkinson's to get active. "Exercise is essential to living well with Parkinson's disease. We're proud to partner with the Parkinson's Foundation on updated, evidence-based recommendations that support safe, effective, and sustainable physical activity for people with Parkinson's," Feltman said.

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.**

March 11 (archived) *"Tremors, Shakes & Everything in Between: Parkinson's Motor Symptoms"*

April 8 – *"Inside Science: Parkinson's Research Today"*

May 13 – *"Artificial Intelligence (AI) and PD"*

Michael J. Fox Foundation -Third Thursdays Webinars:

In This Together: Care Partnership and Parkinson's

February 19, 2026 (archived)

"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. **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-Motor 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.

MEMBER NEWS



STRETCHING/EXERCISE CLINICS – Upcoming 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 links when they are sent out.

Scheduling is only being done one session at a time, but if you want to note future sessions on your calendar, the dates this semester will be: **March 28 and April 11**

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 University.

Anne Olin Announces NEW Exercise Class!

Anne Olin will be starting a second weekly class beginning **April 1st**:

Dance and Theatre Arts Studio

Wednesdays from 1:00 – 2:30

7270 So. Broadway, Red Hook, NY (across from the Triples movie theater.)

Anne continues to 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**.

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.**

MEETING LOCATION DIRECTIONS

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.

\$\$\$ 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.



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.