

PARKINSON'S SUPPORT GROUP OF ASHEVILLE

"You are not alone"

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NEWSLETTER NOVEMBER 2023

THIS MONTH:

NOVEMBER MEETING

(1st Tuesday of each month)

Tuesday, Nov. 7, 10:00am
Groce United Methodist Church

Topic: Dr. Virginia Templeton,
Exec. Director of MemoryCare, on
Parkinson's and dementia

See p. 2 for details



Asheville
Turkey Trot
&
Gobble Wobble
Nov. 23!

See p. 3 for details

HEALTH TIP

EXERCISE AND THE HOLIDAYS

"Consistency is not perfection, it is simply refusing to give up."

The holidays are a hard time for people to stay consistent with their exercise plans for so many reasons. Many people just drop it and "will get back to it after the holidays."

Unfortunately, with PD, that is not really an option. Here are a couple tips:

1. Make sure you do something every day.
2. Include your family.
3. Make it fun!

[Halloween Themed Exercise Routine](#)

BEERS AND CHEERS

(3rd Thursday of each month)

Thursday, November 16,
5:30pm

Village Pub
100 Fairview Rd.
(Biltmore Village area)

November Meeting Speaker: Dr. Virginia Templeton

Local **physician and palliative medicine specialist Dr. Virginia H. Templeton** will be the special guest speaker at the November 7 meeting of the Parkinson's Support Group of Asheville. Dr. Templeton, who has served as **Executive Director of MemoryCare** since 2010, will talk about **Parkinson's and dementia**.

"This is a challenging topic," said Abby Horak, a member of the program committee. "Dr. Templeton approaches this topic with a firm understanding of the issue, and with great sensitivity too."

[MemoryCare](#) is a local independent nonprofit organization that provides specialized medical care to older adults with cognitive impairment, as well as a range of [caregiver support](#) and [community education](#). Their staff of physicians, nurses, and social workers aim to help individuals with Alzheimer's disease and other cognitive disorders live as fully as possible for as long as possible at home or in their preferred setting.

Dr. Templeton joined MemoryCare in 2002 after completing her residency at Asheville's Mountain Area Health Education Center. She received her B.A. in medical anthropology from Brown University and her M.D. from the State University of New York Stony Brook School of Medicine. She is a board certified family practitioner with added qualifications in hospice and palliative medicine, and is a member of the American Academy of Family Physicians and the American Academy of Hospice and Palliative Medicine.

Dr. Templeton's practice and education interests center on dementia care and end-of-life issues, and she is committed to the education of professionals and others in the community about healthy aging.

Because of scheduling constraints for Dr. Templeton, the programming originally scheduled for this month will be moved to the February 6 meeting, when PSG board member and Aging Life Care Specialist Lisa Laney will speak about navigating the health care system.



MemoryCare Executive Director Dr. Virginia Templeton will speak on Parkinson's and dementia

"Dr. Templeton approaches this topic with a firm understanding of the issue, and with great sensitivity too."



**TUESDAY
NOV. 7**

The Asheville Parkinson's Support Group meets at Groce United Methodist Church at 954 Tunnel Road in east Asheville on the first Tuesday of each month at 10:00 a.m. for refreshments, socializing, and announcements.

The program this week will begin at 10:45a.m.

The meeting room is wheelchair accessible. Meeting attendees will also be able to access the group's shared resource library.

Turkey Trot & Gobble Wobble This Month!

CAN YOU GOBBLE? CAN YOU WOBBLE? CAN YOU GOBBLE WOBBLE?

As part of our efforts to increase our group's visibility and PD awareness, we are one of the sponsors for this year's **Thanksgiving morning Turkey Trot 5K** and **Gobble Wobble** (1-mile fun run/walk).

Wear your Support Group T-shirts!



"The Wobblers" will gather at the **Downtown YMCA on Woodfin St. at 8:00AM** for the 1-mile fun run, which starts at 8:30. Woodfin St. will be closed to traffic, so there may be a short walk from where you park to the Y.

We are covering several objectives here:

- Moderate exercise
- Social networking, and
- Increasing community awareness** for our Support Group

You can register now at www.ashevilleturkeytrot.com/. The Gobble Wobble is \$15.00 plus a \$1.50 sign-up fee.

In addition to the 5K and Gobble Wobble fun run, the 23rd annual event will include a **costume contest**. The proceeds go to support the MANNA Food Bank.



Save the Date!

Date: Thurs., Nov. 23

Time: 8:30AM

Place: Downtown YMCA
30 Woodfin St., downtown Asheville

SAVE THE DATES!

Annual Christmas Party

Join us for another fun Parkinson's Support Group social event!

Thursday,
December 14th
12:00 - 3:00 PM

Hi-Wire Brewing Events Center
2B Huntsman Place,
Asheville

11:30 set-up time.
Members bring snacks.
Cash bar. Water and soft drinks will be provided.

Knock Out Parkinson's Event May 5!

ANNOUNCEMENT!

Movement for Life Physical Therapy is excited to announce that we will be hosting our 4th Annual **Knock Out Parkinson's Event!**

Sunday, May 5th, 2024
8am-12pm

This will be a FIELD DAY with events for all skill and ability levels.

More details to follow!

 **movement for life**
physical therapy

Mentoring Program

by Ed Horton

The Parkinson's Support Group of Asheville is now offering a mentoring program to those who are having difficulty understanding and/or accepting the impact of a Parkinson's diagnosis on their lives. This program is **primarily focused on the newly diagnosed** but can also help people anywhere in their Parkinson's journey, as well as their support partners.

Like our PwP small groups, which also include a mentoring component, the program is **not any type of therapy, formal or otherwise**. We are a group of people who have been living with Parkinson's disease and know what works and what does not work for us to have as normal a life as possible. The **individual's concerns and fears are addressed with our personal experiences**. We discuss the importance of having a neurologist experienced with treating Parkinson's disease, medications, exercise, and belonging to a support group, among other things.

Once we have an understanding of the individual's concerns, interests, and physical condition, we will offer **specific recommendations** that may be of benefit. We will **offer to accompany the individual to a first class or meeting** to encourage them to attend. We **make ourselves available** to the individual for as long as they and we think doing so will benefit.

PwP's or support people interested in taking advantage of this program or serving as mentors are invited to contact me at med7365@msn.com. Our goal is to educate the individual about what having Parkinson's disease means, and how to have the best quality of life possible while living with Parkinson's.



Chat 'n' Chew contacts

Our Chat 'n' Chew small meetup groups for care partners are going strong. Here is an updated list of individual group contacts. See the website for meeting days and times: www.parkinsonsavl.org/meetings

North

meets @ North Asheville Library
Contact: Martha Geitner
marthageitner@gmail.com

South

meets @ Fletcher UMC sales room
Contact: Dorothy Greenauer
quiltmaven7@gmail.com

East

meets @ East Buncombe Co. Library
Contact: Mauri Heim
irishrory4@gmail.com

West

meets @ Francis Asbury UMC, Candler
Contact: Laurin Hardy
lhardy1991@gmail.com

Men's Group

meets @ Village Pub, downtown AVL
Contact: Ridley Hutchinson
ridleyh@msn.com

*General questions

Contact: Linda, lryperitz@gmail.com

Pole Walking Group Back in Session

Blue jays, cardinals and beautiful fall colors greeted the walkers at the John B Lewis Soccer Complex earlier this month. A total of 10 folks enjoyed the camaraderie as we worked on gait mechanics: big and wide, heel to toe steps, and walking with poles and rollators. Participants were introduced to the four basic Functional PWR Moves.

We meet:

Mondays & Wednesdays, 11:00am - 12:00pm

[John B Lewis Soccer Complex](#), [Soccer Field #3](#)

(Note we have keys to restrooms)

*Thanks to Ben Elder, Bob Baker, Diana Grimm, and Steve Miller, and especially to Ben for refreshments.

For more info about pole walking, go to: www.urbanpoling.com



Come and join us!

Contacts:

Ben Elder at 650-726-7323

Bob Baker at 407-493-7693

Sue Richards: Celtic Harpist

by Sue Richards

One day when I was eleven years old, my father brought home a small pedal harp and said, "Here, this is for you!" He had gotten it from a neighbor, and he loved harps, so there it was. I lived in northern Ohio not too far from Oberlin college, so off I went for lessons.

I never cared that much for the pedal harp and playing in orchestras, but when the Celtic music explosion happened in the '70's, I jumped in. I bought a small kit harp and started going to "sessions" of Irish music, where anyone can join in and learn the tunes and play together.

Forty-some years later, I am still at it. I have been in an Irish trio, a touring ensemble, and many duos. Ensemble Galilei has been the highlight; I've played with them since 1992, touring the country, recording, and creating music.

We specialize now in shows with spoken word with projected slides along with the music, and have collaborated with the National Geographic Society and Metropolitan Museum of Art. I've lost count how many recordings we have made - close to twenty.

Since moving to the Asheville area, I have been in a duo with guitarist Robin Bullock. We play frequently at the White Horse in Black Mountain, in a second-Monday series of [Celtic concerts](#). When I lived in the D.C. area, two friends and I would play weekly at the VA Hospital in Bethesda; since moving here I now play at the VA Hospital most Thursday mornings, in the Atrium. I am not trained to go into rooms, but prefer to just play to relax folks in the waiting rooms. (Come listen, it's free!)

When Parkinson's was confirmed, I was thinking heavy thoughts about dying, as we all do, but after lots of internet searches and talking to folks in the Parkinson's group, I have relaxed a little.



Sue and her Celtic harp

I first noticed that something was going on physically when my hands would slow down while playing, and especially performing. Then tremors started, and I finally went to see a doctor in late 2021. I thought I was just getting old; well, I am, but this is in addition to age.

cont. next page

Celtic Harpist Sue Richards, cont. from previous page

When Parkinson's was confirmed, I was thinking heavy thoughts about dying, as we all do, but after lots of internet searches and talking to folks in the Parkinson's group, I have relaxed a little. I really related when Dr. Patton in his talk to our group, started out by saying, "You are not going to die any time soon!" or something like that. I wanted to yell, "YES!"

So I am two years into this journey. The Carbidopa/Levodopa medication has been great, my playing the harp has mostly recovered, and I have adjusted to the new schedule of PT and exercise, in addition to teaching and performing.

Performing causes me a lot of anxiety and aggravates the Parkinson's, so I am cutting back, although more and more opportunities to teach and play have been offered this year. I seem to be everyone's favorite granny-harper. In a month I will turn 80; time to slow a little.

I have so appreciated the Parkinson's group for all they are doing! Thank you to all the officers and organizers and volunteers.

I really related when Dr. Patton, in his talk to our group, started out by saying, "You are not going to die any time soon!" or something like that. I wanted to yell, "YES!"

See Sue and Celtic guitarist Robin Bullock in their **Holiday Concert:**

Monday, December 4 at 7:30

White Horse Black Mountain

105 Montreat Rd. / Black Mountain

www.whitehorseblackmountain.com



Sue Richards (left), with members of Ensemble Galilei
photo courtesy Ensemble Galilei

Asheville resident Sue Richards is a four-time National Scottish Harp champion, and has performed for the Irish Embassy, President Bill Clinton (twice!), and Queen Elizabeth II. In addition to her solo work, Sue is a founding member of Grammy-nominated Ensemble Galilei. She has appeared on *A Prairie Home Companion*, sat in with *The Chieftains*, toured Norway and Scotland with the *Harpa* ensemble, and can be heard on dozens of award-winning recordings. Sue instructs at workshops around the country and has written several books of arrangements and original tunes.

SPECIAL FEATURE: What are we grateful for?

by Jane Rigot

Over the past couple months, I've been asking our group members what they're grateful for. It's evident that even with Parkinson's, people are grateful for their many blessings: families, PD community friends, medical community, the beautiful area in which we live, church communities – all have an important place in the lives of our members.

In addition, Sharon Gentle, whose poem "The Ancient Tree" appeared in our June issue, offered to write another poem for our November issue.

These gratitude submissions were inspired by a blog post called Getting to Gratitude, by Allan Cole. His writing appears, along with that of other PwP, at pdwise.com.

Our lives are filled with blessings.

I'm grateful especially for family, without whom I would really be a cranky curmudgeon. PSG and their encouragement helps every day.

life

mountains

Rock Steady Boxing friends

loving family

good health

my sweet husband

daughters

new friends at support group

NC church

the support we have found in Asheville

enjoying life

support of wonderful group

kids

my wife

puppies

still alive

support of family

family

new friends

my caregiver (wife)

exercise

son

faith

getting up every day

brother close by

all the friends and support in the PSG-AVL

kind people

my new friends in the group!

good medical counsel

Asheville

that I am able to continue doing hobbies I enjoy

people who reach out and share experiences

our new friends in the group!

spouse

hiking

people

living in western NC

kids and grandchildren next door

Serenity Prayer

Jesus

my wonderful family

God

support

the VA

our cozy home in Asheville

friends

grandkids

At the end of life able to say "I have had a good life."

I am thankful for a wife who has put up with me for 58 years. She was the rock on which we raised a family. She provided the strength and support for us to get through difficult times. She continues to be my life partner as we face the future together.

Thank you for your mercy.
Thank you for each day's dawn I see.
Thanks for my family
and the friends you've brought to me.
All I have comes from you
and blessings without number, too
and my gratitude be full.

by Sharon Gentle

EXERCISE OF THE MONTH



Generalized Posture Routine

- 1 Chin Tucks**
10 x 10 sec. hold
Start with your shoulders pulled back and down. Look straight forward. Retract your chin, as to resemble a double chin. Hold for 10 seconds and relax. Repeat .
- 2 Banded Scapular Squeezes**
2 x 15 reps
Your elbows should be bent at 90 degrees and your thumbs pointing outward. Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.
- 3 Wall Angels**
2 x 15 reps (slowly)
Begin in a standing upright position with your back against a wall. Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall.
- 4 Thoracic Extension**
10 x 10 sec. hold
Begin sitting upright in a chair with your hands clasped behind your neck. Slowly bend your head and neck backward, curving your upper back. Hold briefly, then return to the starting position and repeat .
- 5 Standing Thoracic Mobility**
2 x 10 reps
Start with your back against the wall, arms at shoulder level, elbows at 90°. Turn your head towards the arm that is up and rotate to the other side.

follow along

Use your smart phone camera to scan the QR code & access the free guidance videos (or go to movementforlife.com/articles/posture-life-generalized-posture-routine).



your team of movement experts

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Candler, NC 28715
828-552-5342

Hendersonville

101 East Allen St, #103
Hendersonville, NC 28792
828-417-0160

North Asheville

858 Merrimon Ave
Asheville, NC 28804
828-552-4217

South Asheville

20 Gala Drive, Ste G-104
Asheville, NC 28803
828-484-4200

movementforlife.com

SPECIAL FEATURE: Hidden Graphics

A new little fun thing we're trying out...

The beady-eyed observers among you may have noticed a tiny, cleverly hidden creature lurking in the shadows of last month's newsletter. Since we didn't give anyone any prompts to search for it, we left it in the same spot this month, despite its thematic connection with October's.

This month's little "Easter egg" graphic is also seasonal-themed (but for *this* month), and is tucked in a very different sort of location.

See if you can find either one!

*For best results, look through a digital copy of the newsletter, not one that's been printed out - and preferably on a device on which you can zoom WAYYYY in...

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Send donations
through Square:

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