

PARKINSON'S SUPPORT GROUP OF ASHEVILLE

"You are not alone"

<http://www.parkinsonsavl.org>
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NEWSLETTER OCTOBER 2023

THIS MONTH:

OCTOBER MEETING

(1st Tuesday of each month)

Tuesday, Oct. 3, 9:45am

Groce United Methodist Church

Topic: Movement Disorder

Specialist Dr. James Patton will
be our speaker

See p. 2 for details



IT'S STILL
NOT TOO LATE
TO PAY YOUR
DUES

See p. 4 for details

HEALTH TIP

EXERCISE CONSISTENCY AND PD

"People with Parkinson's who engaged in at least 2.5 hours of exercise a week had a better quality of life than those who didn't exercise at all or started exercising later."

-Research finding from the Parkinson's Outcomes Project, the largest-ever clinical study of Parkinson's

Whatever exercise you choose to engage in, in order to make it most effective, it needs to be challenging and you need to be consistent with it. The more you can make this part of your life, the more benefits you will see.

*see p. 3 for
local exercise
opportunities!

[Exercise Overview - Parkinson's Foundation](#)

BEERS AND CHEERS

(3rd Thursday of each month)

Thursday, October 19
5:30pm

Village Pub

100 Fairview Rd.
(Biltmore Village area)



October Meeting Speaker: Dr. James Patton

Dr. James Patton, a local neurologist and movement disorders specialist, will be the special guest speaker at the October 3 meeting of the Parkinson's Support Group of Asheville. Patton will talk about research into Parkinson's disease and its latest treatments. He will also answer questions from group members.

Note that **this month's meeting will start at 9:45am** – 15 minutes earlier than our usual start time – to allow for announcements prior to the speaker. Dr. Patton's talk will begin at approximately 10:30am, and we will still have our usual half hour of refreshments and socializing starting at 9:45.

"Dr. Patton is one of our most popular speakers we have all year," said Chris Simpson, president of the support group. "He is **extremely knowledgeable and personable, and explains complicated medical issues in ways that are understandable.** We are really pleased to have him."

Simpson encouraged members to **send their Parkinson's-related questions in advance** to program committee members Lisa Laney at lisa@premiercarenavigation.com or Mike Horak at mikeandlisahorak@gmail.com, in order to get through as many questions as possible.

Dr. Patton is **one of the only movement disorder specialists in western North Carolina**, and is board certified by the American Board of Psychiatry and Neurology. He is a founding member of [Asheville Neurology Specialists](#) in southwest Asheville.

After graduating from Emory University in 1985 with a chemistry degree, Dr. Patton got his medical degree from Emory School of Medicine in 1989. He completed his residency in Neurology and fellowships in Electromyography, Movement Disorders, and Neuromuscular Disorders at North Carolina Baptist Hospital/Bowman Gray School of Medicine. When he is not practicing medicine, he enjoys his three children, playing with his dog, mountain biking, kayaking, exercising, and volunteering in the community.



Local movement disorder specialist Dr. James Patton will be the featured speaker at this month's meeting

Members are encouraged to send in questions in advance, to allow Dr. Patton to address as many questions as possible

Send to:

Lisa Laney, lisa@premiercarenavigation.com, or
Mike Horak, mikeandlisahorak@gmail.com

TUESDAY
OCT. 3

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 begins at approximately 10:30 a.m. and runs for 30 minutes, with additional time for questions.

****Note that *this month's meeting starts 15 minutes earlier than our usual time*; however, the speaker's presentation still begins at 10:30.**

Fall 2023 Exercise Opportunities

“Get better and stay better with exercise”

Here is a round-up of all of the Parkinson’s-specific exercise opportunities available in our area during the fall – including activities organized within our group, plus local offerings at places like the Y. Check the [group website](#) for more.

Pickleball

WE NEED MORE PEOPLE FOR THIS TO BECOME A REGULAR GROUP!

A few of us tried out pickleball at the Fairview Community Center a few times this past month and enjoyed it – we’d like to make this an ongoing group, but **we need at least 8 regular players** for each session.

If you are interested in playing or learning how to play pickleball, **contact Chris Simpson** at cms930@hotmail.com

*check out the Exercise of the Month on **p. 8** for more about the **benefits of pickleball**



PSG-AVL members on the pickleball court at a recent outing

Pole Walking

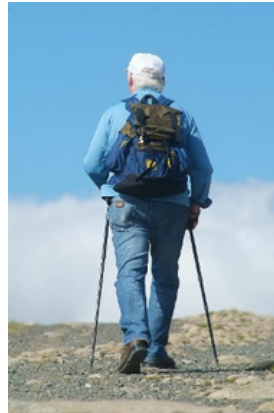
***with PWR! Moves**

We are in the process of restarting our pole walking group that has been on hiatus since last fall.

It will take place at the John B. Lewis Memorial Soccer Fields.

We are looking for someone to lead this group (Easy job, great benefits!)

Contact Exercise Opportunities Chairman Steve Miller at 828-215-2331



Benefits of pole walking:

- Great exercise in fresh air
- Poles help with balance
- Forced use arm-swing
- Re-train posture, stride length
- Whole body activation

Rock Steady Boxing

Ferguson YMCA

Tues, Thurs

11:15–12:45

Cost: \$125/\$150

Saturday

11:15–12:45

Cost: \$63/\$75

Contact: Chris Lorenz,
828-575-2940

Dance for PD

Charles George VA in Asheville

www.inbodymind.me/dance-for-parkinsons

Contact: Connie Schrader, cshrade@unca.edu

Pedaling for Parkinson’s

Asheville YMCA

Wednesdays, 1:00

Cost: free

Contact: 828-210-9622

Some of our members at a recent Pedaling for Parkinson’s class



Hendersonville YMCA

Tues, Thurs 11:15–12:45

Cost: \$125/\$150

Contact: 828-251-5910

PWR! Moves

Woodfin YMCA

Through Dec. 7th

Tues & Th 12:45–1:45

Cost: member \$125, non-member \$155

Contact: 828-505-3990

* Thanks to Bronson Cline at the Y for facilitating the YMCA programs.

For more on the Y’s offerings, go to:

ymcawnc.org/programs/health-fitness/chronic-condition-support/parkinsons

MORE GROUP NEWS

Dues reminder

Thank you to the 70% of you who have turned in your annual dues already. However, **for those who have not yet turned them in, you can still do that now.** We're aiming for 100%! Just a reminder that dues are vital for the operational costs of our growing organization.

The dues for 2024 remain **\$40 for two people** (person with Parkinson's plus one spouse, partner, caregiver, or any other person who will be participating in group activities with you). Dues for a **single person are \$25.**

Dues can be paid by credit card, by check, or in cash at the monthly meeting or at Beers and Cheers.

Credit card payments can also be made online here:

Dues for two people: <https://square.link/u/WF5bdCjW>

Dues for one person: <https://square.link/u/rfMli3v2>

Checks also can be mailed to:

Parkinson's Support Group of Asheville
825 C Merrimon Ave., PMB #327
Asheville, NC 28804



Other nearby support groups

There was a Parkinson's support group in the town of **Sylva** that was largely dormant during COVID and now is working to get back to providing support for people with Parkinson's.

For Sandy Mush, check out the **Sandy Mush Seniors Connection** at <https://sandymushcommunitycenter.org/sandy-mush-seniors-connection/> – PSG-AVL was the featured presenter at their September meeting.

COMING UP!

Next month: Parkinson's Foundation Care Partner Summit

The Parkinson's Foundation's annual [Care Partner Summit](#) brings care partners together to provide resources to make life better for themselves and their loved one with Parkinson's disease. This year's Summit will focus on how to communicate through difficult topics and find supportive connections.

There is no charge to attend this virtual event (taking place over Zoom), but [registration](#) is required.

A promotional graphic for the Parkinson's Foundation 2023 Care Partner Summit. The background is a teal-to-blue gradient. On the left, the Parkinson's Foundation logo is at the top, followed by the text "2023 Care Partner Summit" and "Loving Through Challenges: Conversations & Connections for Caregiving". Below this is a small icon of a person with a speech bubble. On the right, there is a photograph of an elderly man and woman smiling together. At the bottom, a dark blue oval contains the text "ONLINE Saturday, November 11 1:00-3:30 EST".

SAVE THE DATE!

The Parkinson's Support Group will be one of the co-sponsors for the **Asheville Turkey Trot** taking place on Thanksgiving Day (**November 23**).

The 23rd annual event will include a **5K race**, a **"Gobble Wobble" 1-mile fun run**, and a **costume contest**. The proceeds go to support the MANNA Food Bank.

Go to www.ashevilleturkeytrot.com/ for more info, and keep an eye out for more details soon!



Info about Family Caregiver Support & Resources from the Council on Aging of Buncombe County

If you're a family caregiver living with or nearby a senior family member and are looking for services to help them stay healthy and independent at home, the [Family Caregiver Support Program](#) (FCSP) through the Council on Aging can help you to make the right connections, provide needed support, education, and information and offer resources to help you navigate this journey.

If you are caring for an aging loved one, you are not alone. In a community survey performed by Dementia Friendly WNC, it is estimated that in western North Carolina there are approximately 56,000 caregivers. Caregivers are often family members providing unpaid care for a spouse, parent, or other relative. They, like the person they are caring for, deserve service, education, and advocacy including respite (time away), wellness & support, access to resources as well as supplemental items for health and safety.

CAREGIVER WELLNESS

Self-care means tending to your own needs for physical, emotional, and day-to-day wellbeing. Over 50% of caregivers said their health worsened after becoming a caregiver. It takes practice, perseverance, and patience to make yourself a priority. Consultation with the Family Caregiver Support Specialist (FCSS) can help you navigate, understand, and connect to what resources are available whether it be respite, in-home help, adult day services, long term care, meals, and more.

GRANT RESOURCES FOR CAREGIVERS THROUGH THE FAMILY CAREGIVER SUPPORT PROGRAM

The FCSP provides [five basic services](#) to unpaid caregivers to reduce stress by helping them more effectively fulfill their role as caregivers.

HOW IT WORKS - Caregivers find, hire, and manage their own respite worker(s) at a rate of \$10-\$25 per hour and the COABC will pay the respite worker directly via Older Americans Act federal funding. The grant amount varies each year depending on the amount of funding we receive. This year, the amount is \$900 in which the caregiver spends within three months of a home visit assessment. The process is easy, and the Family Caregiver Support Specialist walks the caregiver through the process, serving as case manager for the caregiver to help with paperwork, education and resources, and making caregivers aware of other community resources that might be useful based on the caregiver's needs and situation. It is encouraged that caregivers start looking for a respite worker - someone they want to hire (who is not a direct family member) as soon as possible. Examples of what past caregivers have used their respite worker for have included house cleaning, yard work, preparing food, sitting with a loved one while they go to store/exercise class etc., and overnight time away where the respite worker takes care of the senior while caregivers take a longer break. Caregivers can hire one or multiple people and are responsible for submitting timesheets. All respite workers fill out a W9 tax form and will be paid within 30 days of caregiver submitting a timesheet.

WHO IS ELIGIBLE FOR FAMILY CAREGIVER SUPPORT GRANT RESOURCES?

- ☒ Family caregivers of any age providing unpaid care for an older adult (age 60+) OR providing care for a person with Alzheimer's Disease or related brain disorder.
- ☒ The Care Recipient (the senior being cared for) must have Alzheimer's Disease or related brain disorder OR needs assistance with at least two activities of daily living skills, such as: Eating, Toileting, Mobility/Transferring, Dressing, or Bathing.

Resources are limited. Waitlists will be established when all grant resources are used.

For more information, contact Steffie Duginske (FCSS) at 828-277-8288 ext 1303, or at steffied@coabc.org

THE MISSION OF THE [COUNCIL ON AGING OF BUNCOMBE COUNTY](#) is to promote the independence, dignity, and well-being of adults through service, education, and advocacy.

Meet Flower Farmer Bob

by Jane Rigot

This August, I had the pleasure of interviewing Bob McLean, owner of [Poppins Posies](#) on Ray Hill Rd. in Mills River. Bob and his wife Judy have grown and sold dahlias and other flowers here for the past 20 years. Four years ago, he was diagnosed with Parkinson's.

Bob had noticed tremors in his right hand for about two years before his diagnosis, which later expanded to most of the rest of his body. Since being diagnosed, he has switched medications three times, but reports that the current ones now are Carbidopa-Levodopa, Propinirole, and Amantadine.

A true North Carolina native, Bob moved to his current property with his family when he was two months old, and since then has lived there most of his life. The family farm, McLean Farms, was originally a 120-acre dairy farm started in 1948 by his father, and Bob grew up helping out on the farm and learning the business.



Bob and a tractor full of dahlias heading to a wedding near you.



After receiving his Agriculture and Economics degree from North Carolina State University in 1970, Bob returned home where he ran and expanded the dairy to 300 acres at the confluence of the French Broad and Mills Rivers, with 400 cows producing 2,000 gallons of milk per day. In 1992 the herd was sold, and McLean Farms became a produce farm, with tomatoes, cucumbers, and zucchini, among other crops.

In 1997, all but the three acres he currently owns and grows dahlias on were sold. The City of Asheville bought the property where the Water Plant now stands.

As if this wasn't enough activity for a busy farmer, during much of this time Bob also worked as a long-haul truck driver for Wilsonart out of Arden, carrying laminate countertops from Rocky Mount north up the east coast and west to the Mississippi for 20 years.

cont. next page

Meet Flower Farmer Bob, cont. from previous page

Twenty-three years ago, Judy brought home some dahlia tubers from the North Carolina Arboretum. Today, these flowers, along with zinnias, sunflowers, cosmos, daisies, coneflowers, calla lilies, and many others, fill his 3-acre spread. In mid-October, many of the dahlia tubers will be dug up and stored for planting the following spring, as they don't withstand the freezing temperatures.

Bob says his golf game has been impacted by his Parkinson's, as his hand tremors can be an issue during shot preparation.

Once he grips the club, however, the shaking stops.

If you shop the floral section at Ingles or attend local weddings, you might have seen some of the beautiful array of flowers from their farm. They also sell flowers directly to the public on-site, in addition to wholesale.

When not out nurturing his plants, Bob relaxes by playing golf! The first day I stopped by to visit him, Judy told me that he was not there, as he's an avid golfer.

He has golfed since he was in his 20's, and still plays now with several local golf groups, including one called the ORB's – or Old Retired Bastards. The off-season will find him on the links at various golf clubs in the area five times a week, but he still plays on weekends during growing season.

I asked Bob if his golf game has been impacted by having Parkinson's, and he stated that it was not as powerful now as it had been. His scores have gone from the 70's to the 80's, and his hand tremors can be an issue during shot preparation. Once he grips the club and takes a swing, however, the shaking stops.

Health providers stress that the best way to slow the progression of Parkinson's disease is to exercise. Bob is a prime example of that, as well as just how much exercise doesn't have to feel like a chore and can even be fun. As he told me, "I grow flowers for exercise" – and golf is the icing on the cake!



"Gratitude is not only the greatest of virtues, but the parent of all others."

—Cicero

For
Thanksgiving

We all have much for which to be grateful in our Parkinson's world: loved ones, caregivers, friends, pets, healthcare providers and researchers, and a wonderful place to live.

Please send us a line or two of things for which you are thankful, for sharing in November's newsletter.

Send to Jane at wlrivot@att.net

Pickleball classes began in September but **need more participants** to continue.

Maybe these exercises and the photo of fellow members on [p. 3](#) will encourage you to pick up a paddle and join us!

Pickleball has become very popular in recent years, for its social nature and its accessibility to more body types.

Check out www.michaeljfox.org/news/pickleball-parkinsons-passion-progress for more on Parkinson's and pickleball.

Pickleball Warm-Up



Ensure you have something to put a hand on if you need help with your balance. If any of these are painful, please consult your physical therapist.

- 1 Stepping Lunges**
1 min. Step forward and slowly lower the back knee to the ground. Return to the starting position and step with the opposite foot.
- 2 Lateral Lunges**
1 min. Step out to the side and lower your hips down. Come back up and return to the starting position. Repeat on the other side.
- 3 Rows**
1 min. Loop your band around a stable surface (fence, doorknob, etc.). Pull the band with both arms towards your body, squeeze your shoulder blades together and slowly return to the starting position.
- 4 Shoulder Flexion Pulse**
1 min. Loop a band around your wrists. Quickly make small movements pulling the band apart a little as you raise your arms overhead.
- 5 Multi-directional Shuffles**
1 min. Move forward and back, then side to side shuffling your feet. Try to stay on your toes and light on your feet.

follow along

Use your smart phone camera to scan the QR code & access the free guidance videos or go to movementforlife.com/articles/5-pickleball-warm-exercises



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

Waynesville
13 Haywood Office Park
Waynesville, NC 28785
828-452-1306

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

movementforlife.com

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