

GAPS Gazette
September 1, 2023



GAPS Support Groups

In person:

1st Wednesday of the Month

11:00 am
Rolling Green Village Center- Blue Ridge Room C
1 Hoke Smith Blvd Greenville, SC 29615

2nd Tuesday of the Month

2:00 pm
The Pines at Greenville
20 Hawthorne Park Ct., Greenville, SC 29615

2nd Tuesday of the Month

beginning October 10th
2:00 pm
Anderson YMCA
201 East Reed Rd, Anderson, SC 29621

2nd Thursday of the Month

1-2 pm
Earle Street Baptist Church- Welcome Center
225 W. Earle Street, Greenville, SC 29609

4th Wednesday of the Month

1-2 pm
Simpsonville First Baptist Church- Room N 203
3 Hedge Street, Simpsonville, SC 29681

4th Thursday of the month

3:30 pm
The Downtown Corley Center @ Clemson Downs
150 Downs Blvd, Clemson, SC 29631

Virtual

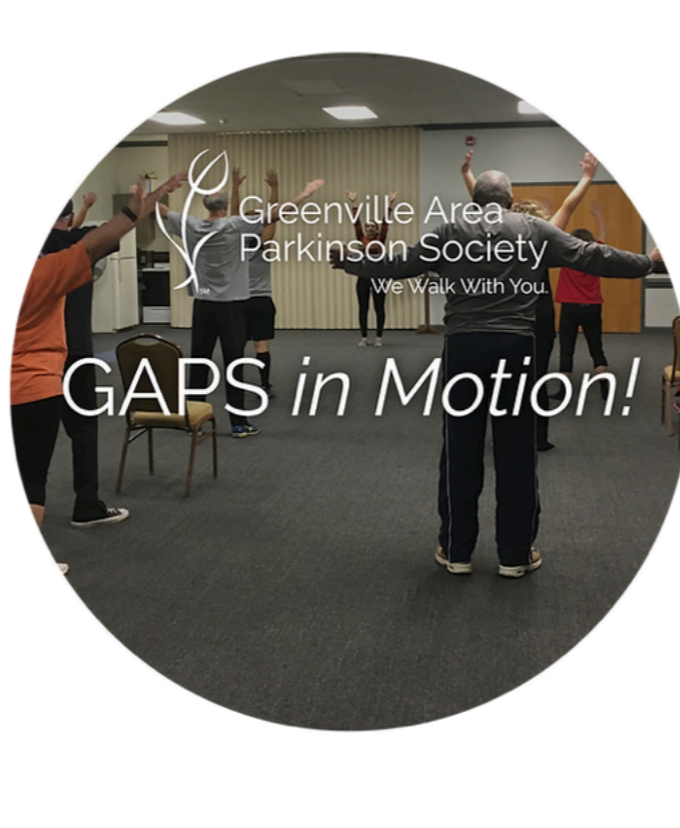
Monday, September 18th at 11:30 am
beginning in October: 2nd Monday of the Month

Care Partners 9:30-10:30

PWP 10:30-11:30

zoom meet meet ID: 3543148633

passcode: 1234



MOVEMENT is KEY! Please join us!

In-Person Classes

Every Monday
3:00pm - 4:00pm
Clemson Downs @ The Corley Center
150 Downs Blvd., Clemson, SC 29631

Every Tuesday

11:00 am
Come walk with us as we join the Well Walkers at Bon Secours Wellness Arena
650 North Academy Street, Greenville, SC 29601.
Enter the free VIP parking lot off of Church Street. Park to the right in front of the Furman Entrance. Enter through the open brown gates. Follow the signs for the Well Walkers. Meet the GAPS group inside.

Every Wednesday

1:00pm - 2:00pm
The Sterling Hope Center
709 Dunbar St, Greenville, SC 29601

Virtual/Online Class

Join Alex Tressor for this amazing online exercise class!
Every Friday
12:00pm - 1:00pm
[Join GAPS in Motion Zoom Class](#)



Please join us monthly for an educational presentation.

Beginning in November Coffee Talks will be held the 3rd Wednesday of the month at 10:30 am!

Last month's presentation was "Speech therapy and PD". The presentation is linked [HERE](#).

Upcoming!

Please RSVP. If you need help, please call Jennifer at 864-477-0290.


LUNCH and LEARN
Friday, September 22, 2023 at 11:30 am
@ 225 W. Earle Street, Greenville, SC 29609

Chick-fil-A lunch provided. Must RSVP by 9/19 to reserve lunch.

Managing the Return of Parkinson's Disease Symptoms with a Unique Inhaled Treatment.

- Parkinson's Disease and the importance of empowering yourself
- Recognizing the return of symptoms in Parkinson's
- Ideas on how to speak with your healthcare provider
- The role of an as-needed inhaled treatment for the return of symptoms
- Resources for Parkinson's Disease patients

Presented by Betsy Smith of Acorda Therapeutics



Acorda Therapeutics is a biotechnology company that develops therapies that restore function and improve the lives of people with neurological disorders. Acorda is a national sponsor of Black Study Living, Parkinson Foundation, AFDA, FND Alliance.

Please RSVP [HERE](#)

October 6, 2023 at 11:00 am
@ Earle Street Baptist Church
225 W. Earle Street, Greenville, SC 29609

"Parkinson's: The First Two Years"
Presented by Alan Dzur, a person with Parkinson's

PLEASE RSVP [HERE](#)



We are thrilled that we have partnered 3 new mentors and mentees this month! If you are interested in being paired with a peer for support and encouragement, please email us at: info@gapsonline.org

Community Events! Please take advantage of these wonderful events happening locally for the Parkinson's Community.

Wellness Wednesdays
at Sportsclub Greenville
EVERY WEDNESDAY IN SEPTEMBER
Sportsclub welcomes our local Parkinson's community to participate in a **free** group fitness class.

BALANCE Better



Physical Therapist David Goldberg will help you improve balance and stability with specific props and techniques.

- Increase Proprioception
- Prevent Falls
- Reduce Injury

During September, Sportsclub is hosting a number of events to raise awareness and money for the Michael J. Fox Foundation for Parkinson's Research. Part of this initiative is supporting our local Parkinson's community with what we do best - encouraging fitness and wellness!

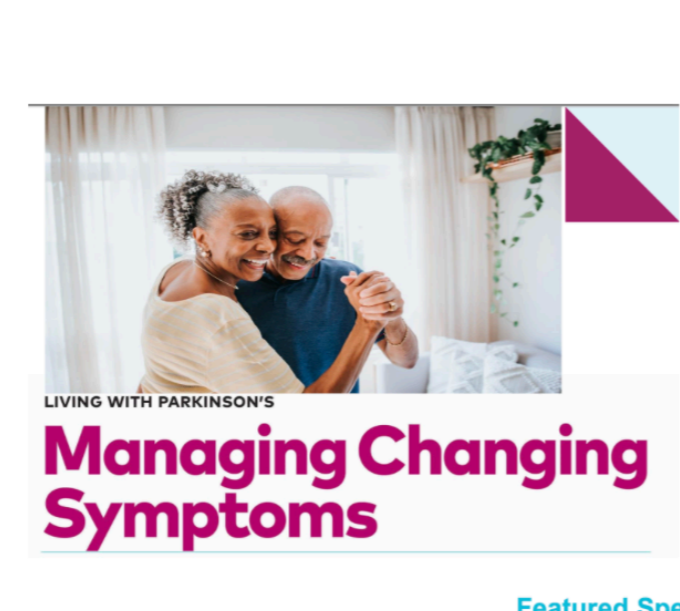
12:15-1:15pm • September 6, 13, 20, & 27

Class Location: Studio 1 at Sportsclub Greenville, 712 Congaree Rd, Greenville, SC 29607

FOR questions please call 864-288-7220. www.sportsclub.com

Please bring invitation for entry. You will be required to fill out a waiver before class.

[Click here for more information](#)



Saturday, October 21, 2023
10:00 a.m. – 1:30 p.m. ET
First Baptist Church
Simpsonville
3 Hedge St.
Simpsonville, SC 29681

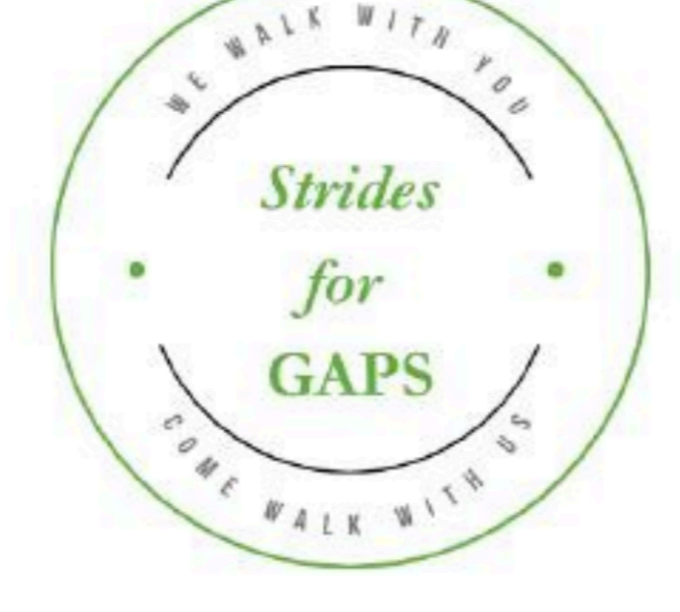
Featured Speakers & Expert Panelists

- Kathleen V. Woschkoop, MD, Bon Secours St. Francis Health System
- Ketan Jhunjhunwala MD, Spartanburg Medical Center
- Amber Stutz MD, Private Health
- Myriam Solimon, PhD, Private Health Neuroepidemiology
- Dana Hodges, SLP, Bon Secours/Diane Cochrin Neuroscience Institute

Attendance is free. Lunch will be provided.

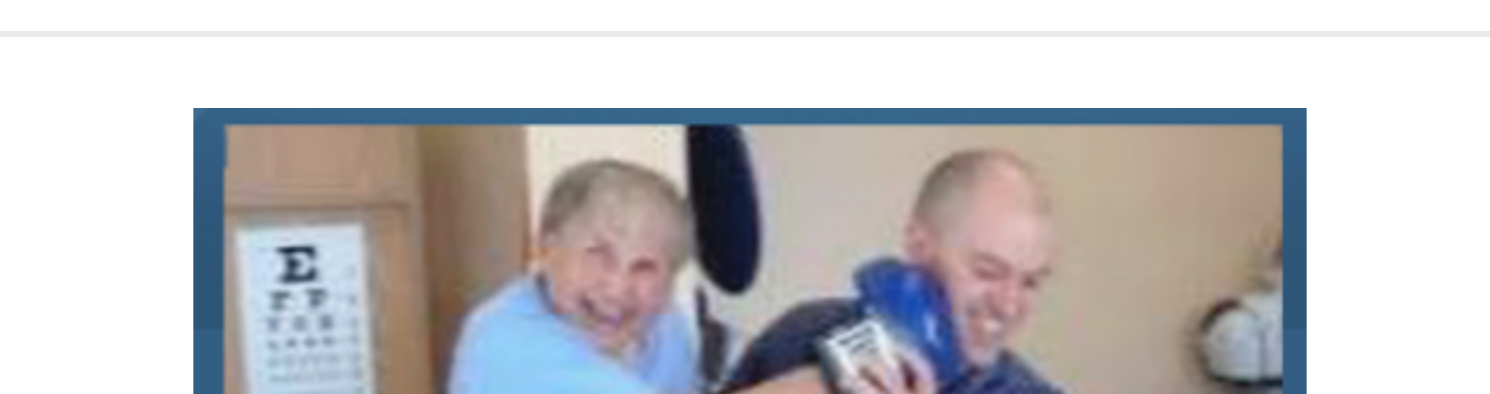
Hosted by the Parkinson's Foundation Carolinas Chapter

[CLICK HERE FOR MORE DETAILS](#)



SAVE THE DATE!

Strides for GAPS
April 20, 2024
Conestee Park
10 am - 12 pm



Martha and Kowal, of Maine, was diagnosed with PD in her 40's. She is now in her 70's and has written a book about her battle titled, 'Take That and Take That!' The cover features a picture of Martha with boxing gloves on and that's the attitude with which she took on PD. The book is a collection of stories and incidents covering those 30 years. Testimonials from readers of the book speak of inspiration, determination and a "never surrender" attitude. It includes her experiences dealing with family and friends and how they dealt with her. This woman, during her battle, actually climbed Mount Washington in New Hampshire, went on an African Safari and participated in the Parkinson's Unity Walk in New York City. And that's just the tip of the iceberg. The book has inspired group discussions around the country. More information can be found at <https://www.takethatandtake.com/> The book can be ordered by clicking on "shop now" and then clicking on Martha's picture.



Openings for event greeters, walking club, support group facilitators, thank you note writers, and connection callers! Reach out to jennifer@gapsonline.org

Questions? 864-477-0290
jennifer@gapsonline.org