RSS 🔊





Knowledge is Power

Please join us for expert information. Light snacks provided.

"Hope for the Holidays" How to navigate the holidays with PD

Tuesday, December 5th at 11:00

Where: Panera Bread, 1125 Woodruff Rd, Greenville29607- meet us in the back room

Presenters: Amanda Bowser, community educator Misty Russell, LMSW

Can't get to Panera? No problem! You can log into ZOOM and join us!

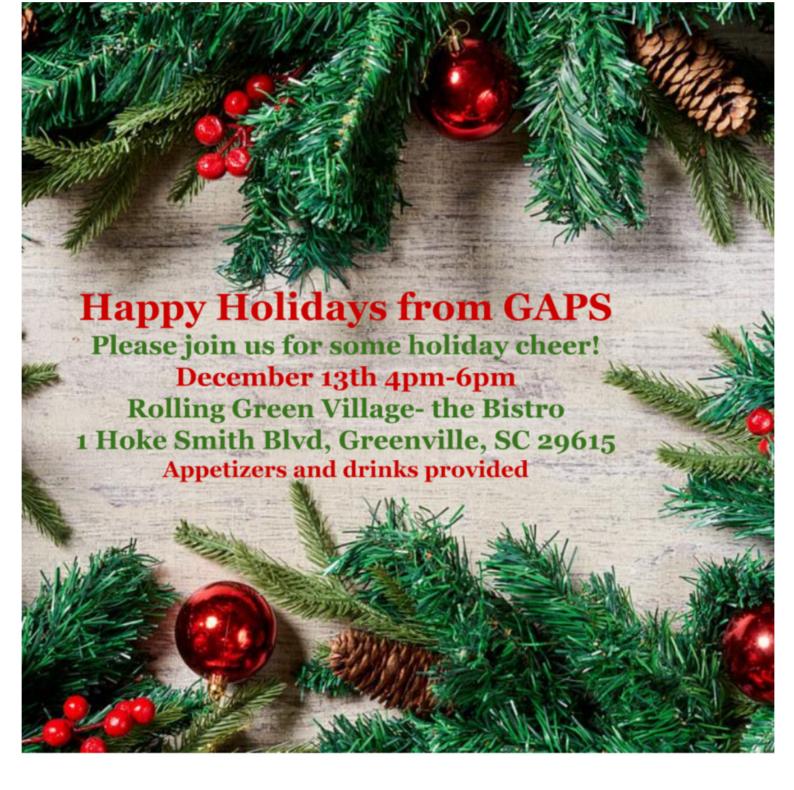
https://us02web.zoom.us/j/87426898606? pwd=UFV0cWszLzV5TXZ4cGVXZThOL0pYQT09

> Meeting ID: 874 2689 8606 Passcode: 606571



In general, people who are more connected live happier, more fulfilled lives. And in Parkinson's, talking with others may benefit cognition, and positive relationships can boost mood.

Please join us and bring your family as we socialize with other PD members, volunteers, board members, and staff.



RSVP here or call 864-477-0290 or email at info@gapsonline.org to let us know you are coming.



Please join others who are walking the PD journey. You will leave the meeting feeling supported, encouraged, and renewed.

December Support Groups

Wednesday, December 6th 11:00 am Rolling Green Village Center- Blue Ridge Room C

1 Hoke Smith Blvd Greenville, SC 29615

Wednesday, December 6th Virtual- This is a new date Care Partners 9:30-10:30

PWP 10:30-11:30 zoom meet ID: 3543148633 passcode: 1234

Monday, December 11th 11:00 AM White Oaks Estates 400 Webber Rd, Spartanburg, SC 29307 Assisted Living Activities Room

Tuesday, December 12th 2:00 pm Anderson YMCA

201 East Reed Rd, Anderson, SC 29621

Tuesday, December 12th 2:00 pm

The Pines at Greenville 20 Hawthorne Park Ct., Greenville, SC 29615

Thursday, December 14th 1:00 pm - 2:00 pm

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

Wednesday, December 27th

1:00 pm - 2:00 pm Simpsonville First Baptist Church- Room N203 3 Hedge Street, Simpsonville, SC 29681

Thursday, December 28th

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



Exercise is not only vital to maintaining balance, mobility and daily living activities, but it has the potential to have a neuroprotective effect.

Every Wednesday

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

2:00pm - 3:00pm Clemson Downs @ The Corley Center 150 Downs Blvd., Clemson, SC 29631

Every Friday Virtual/Online Class with Alex Tressor 12:00 pm - 1:00 pm Join GAPS in Motion Zoom Class Zoom Meeting ID: 872 0831 5348



Can't get to the live workout with Alex Tressor? That's ok! You can choose from the library below and workout at a time convenient for you!

Parkinson's On The Move Choose your video workout experience with Alex Tressor from PD on the Move!

Access his videos at: https://pdonthemove.com/start/w orkout



Pedaling for Parkinson's

Exercise your brain! Ride a bike!

Find an ONLINE class: https://www.pedalingforparkinsons. org/pfp-covid19



Please read the following article from the University of Florida Health for some holiday tips. Click on the link below to read it: enjoying-the-holidays-with-parkinsons

Member Spotlight



Hello everyone, my name is Deborah (Debbie) Farr. I have been married for 38 years to a wonderful man. His name is Channing, yes just like Carol Channing. He is my sweet, caring and supportive husband. We are originally from the frozen tundra(s) of central Massachusetts and the St. Lawrence River in the beautiful, but frigid northern, Canadian border northern, part of the state of New York. We both have collectively seen enough snow to cover the entire upper 48 states, at least one

time. Together Channing and I have 2 grown children, a boy 31 and a girl 36. They reside in Spartanburg, at least for the time being. We are slowly exiting from the workforce to fully retire. Channing still works fulltime. I "retired" after spending my entire career in the pharmaceutical industry, in retail then, distribution level then retiring on total disability, from a Global Pharmaceutical Distribution Company at a corporate account manager level. The reason I put emphasis on retire is, well that is when the word Parkinsons Disease entered my life, and it has been a wild ride ever since. Before 2012, I never paid much attention to PD thinking that was the disease where your hands shake and you walk and talk slowly, eventually ending up in a wheelchair.

Many accept their illness as their fate, their cross to bear. I, on the other hand, had a very difficult time with that! GAPS and its members and staff have been a source of inspiration and support to me and my family. I am actively

seeking alternative ways of treatment involving natural, organic, and homeopathic therapies such as herbal supplements, Eastern (Chinese and Indian) modes of therapy as well as Chiropractic,

Naturopathic, and Ayurvedic "medicines" in addition to acupuncture and experimental ways, like Stem Cells and Hyperbaric Oxygen. I am becoming fully aware these therapies for the most part are costly(experimental) and not covered by Insurance. So, stay tuned as I will be giving updates as we ride this wild and bumpy road to a treatment that, who knows, might just be my CURE!!!



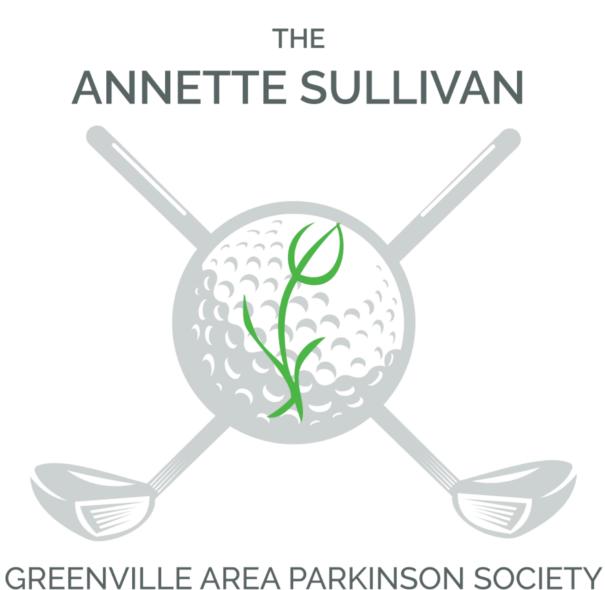


For quite some time, I have had a strong desire to become more involved not only with the Greenville community, but specifically with the aging population. After I began volunteering with GAPS earlier this year, I knew I had found the perfect fit for me. To be a part of an organization that offers such

inspiration and support not only to those with PD, but to their caregivers as well, is nothing short of extraordinary.

I became a member of the board recently. Thus far, most of my involvement with the program has been fund-raising event focused, but I look forward to building relationships with the members in 2024 and am fully committed to contributing to the continued success of GAPS!

-Natalie Tupper



WATER COOLER

CLASSIC

GAPS is Back!

That was the sentiment of the evening. A great time was had by all at the event in November.

The First Palmetto Bank Team won the event and were awarded the green jackets!

Congratulations and a huge thank you to Adrian Crane who won the longest putt contest and graciously donated his winnings back to GAPS.

Thank you to all of our sponsors, participating teams, and volunteers.

Thank you to Zen for a great venue and hospitality, Project Host for the delicious food, Heritage Turf for our greens, and TPM for signage.











Community Happenings

Please visit our website for community events and information such as studies and seminars.

https://www.gapsonline.org/programs-exercise



HAVE SOME FREE TIME? GAPS could use your help!

If you would like to get involved and help GAPS in its mission, please contact Jennifer Darst at jennifer@gapsonline.org

We are always looking for mentors and ambassadors!

COME GET INVOLVED!



www.gapsonline.org info@gapsonline.org (864) 477-0290

SUPPORT THE CAUSE! MAKE A DONATION TODAY!

DONATE NOW

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