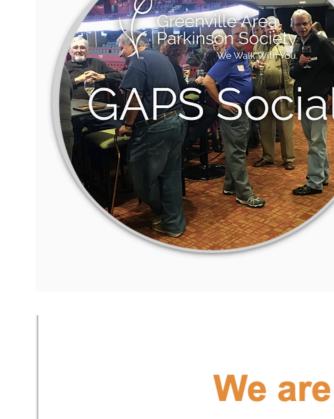


THE





### Meet other active PD members, our board, volunteers, and staff. Help us grow awareness, support, and commitment to the PD community in the Upstate.



 Monday, November 13th. Drop in between 4-6 pm • Motor Lounge, Bon Secours Wellness Arena ,650 N. Academy St., Greenville, SC 29601 Appetizers and cash bar

Please join us for our November GAPS social.

Sponsored by: Comfort Keepers.

Elevating the Human Spirit"

**RSVP HERE** 

information!





Please join us for expert information. Light snacks provided.

GAPS coffee talk attendee

You can never have too much

"I enjoyed the presentation and

members in the discussions"-

the information provided by other

RSVP Here

Looking ahead...

December 20th

- We are thrilled to offer multiple
- GAPS Support



**Tuesday, November 14th** 

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

Wednesday, November 15th

GAPS in Motion!



Enter through the Furman Entrance at the brown gate and meet us inside.

Research shows that exercise and

flexibility and balance, but also ease

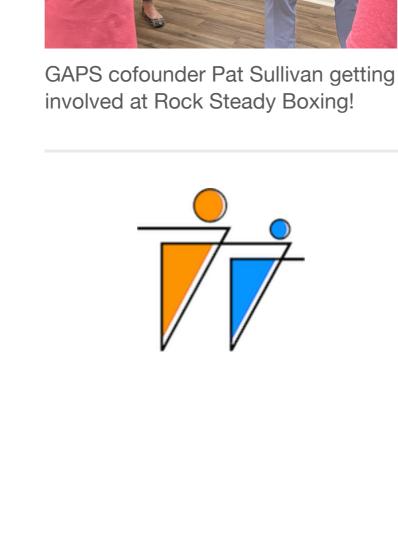
non-motor PD symptoms such as

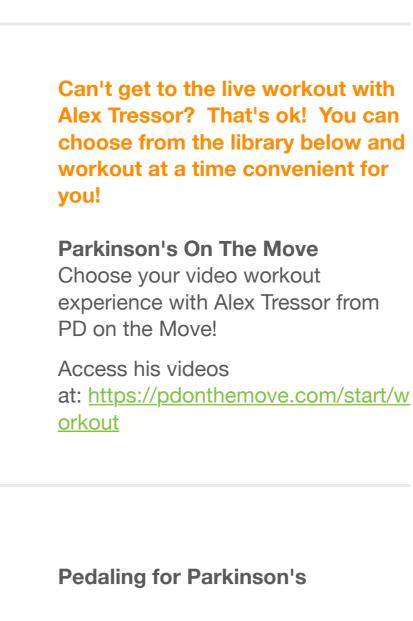
physical activity can not only

depression or constipation.

maintain and improve mobility,

# 12:00 pm - 1:00 pm Join GAPS in Motion Zoom Class Zoom Meeting ID: 872 0831 5348





GAPS director of programs Jennifer

Darst enjoying Rock Steady Boxing.



July of 2022 I moved here from the East End of Long Island, New York where I had lived my entire life. In August 02 2021 I was officially diagnosed with Parkinson's. Like most PD sufferers I had shown

symptoms much earlier, in my case

had spent my entire professional life

concerned how the stress of a high

physical requirements would impact

as much as 5-8 years earlier. As I

in retail management I was very

pressure job with a good deal of

professionally. I made the difficult

Although that decision was difficult financially for a time in retrospect it

fortunate to meet many exceptional

people (doctors, therapists, nurses,

start soon enough. The two amazing

coaches as well as the people there,

was among one of the smartest I

decision to retire immediately.

me both personally and

could have made.

### fellow PD patients) who have guided me through an incredible journey. When I decided to move to South Carolina in 2022 I almost immediately found Rock Steady Boxing of Greenville and could not



were so supportive and enthusiastic, they all made me feel like family and pushed me to accomplish things I never imagined. In early 2023 I began volunteering with GAPS (Greenville Area Parkinsons' Society), again because the atmosphere was so enthusiastic and encouraging. Today, thanks to the love and support of so many people around me, I am taking graduate school classes at Clemson University 3x a week, I attend RSB 2x per week, and go to the gym three times a week. My symptoms are in check due to my medications, exercise, and my attitude. Overall my health is better now than it was 10 - 15 years My mottos are two very simple ones: • Parkinson's is NOT a death sentence, but it is a Wake Up

I am super passionate about patient

with the personal touches and grace

groups, assisting in navigating heatlh

regarding community resources. It is

so rewarding to know volunteering my

community members impacted by PD.

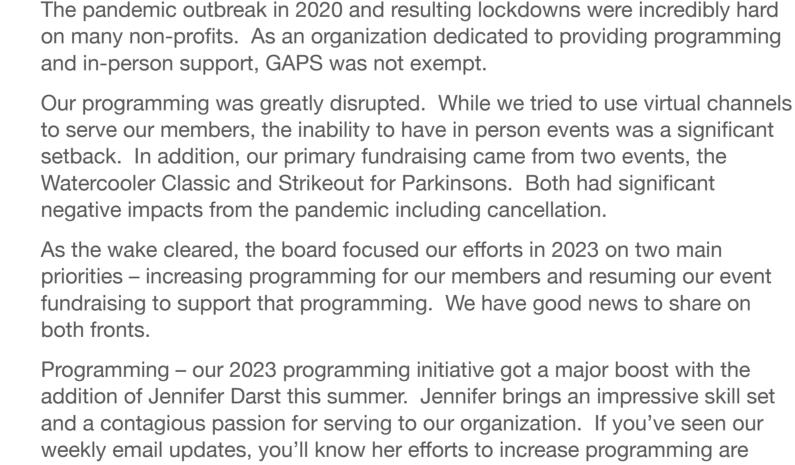
they delivered to support the PD community members and their

families. I enjoy facilitating the

care and providing information

time to this organization helps

-Misty Russell



together.

**Message from the Board:** 

thankful for renewed progress in 2023.

of the founding members, has done an incredible job in 2023 expanding our Board of Directors and our Advisory Board. Many of these engaged, committed, and diverse individuals started serving GAPS on committees prior to joining the board. We expect their leadership roles to further enhance the organization in the coming years. It has been a difficult few years for many in the nonprofit world. We are extremely grateful for the progress made by GAPS in 2023. We look forward to serving the community to the best of our ability in 2024. Sincerely,

We are excited about recent additions to staff and the Board of Directors.

During 2023 our Executive Director, Jody Hamblett, resigned to return to

board is focused on replacing her and adding staff to expand and fund

Tennessee with her family. We are very grateful for her service to GAPS. The

additional programming. As it relates to board development, Pat Sullivan, one

**Community Happenings** 

Your Greenville Area Parkinson's Board of Directors

GAPS could use your help! If you would like to get involved and help GAPS in its mission, please contact Jennifer Darst at

info@gapsonline.org

P.O. Box 6505, Greenville, SC 29606

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

jennifer@gapsonline.org We are always looking for mentors and ambassadors!

Greenville Area Parkinson Society We Walk With You

GREENVILLE AREA PARKINSON SOCIETY WATER COOLER CLASSIC **PLEASE JOIN US! Thursday November 9th** 6-9 pm Zen 924 S. Main Street, Greenville 29601 Spectator Tickets \$50. May purchase at the event. Cash or check preferred. Hors-d'oeuvres and cash bar More details on website <a href="https://www.gapsonline.org/water-cooler-classic">https://www.gapsonline.org/water-cooler-classic</a> If you are living with Parkinson's disease (PD), you may be at an even GAPS Social higher risk for feeling lonely and disconnected. Please come socialize with us! We are THANKFUL for you!

**November 15th** • The Pines at Greenville, 20 Hawthorne Park Ct, Greenville, SC 29615 • learn about Duopa: a treatment of motor fluctuations in patients with advanced Parkinson's disease presented by Chris Buffington with Abbvie

## 10:30 am • The Pines at Greenville, 20 Hawthorne Park Ct, Greenville, SC 29615 "Driving Safely" presented by Linda Cale with Senior Care Authority

Greenville Area Parkinson Society support groups around the area! Come to as many as you like! "I am so glad I came today. This is the best thing I have done for Groups myself in a LONG time"- 1st time GAPS support group attendee

2:00 pm Anderson YMCA 201 East Reed Rd, Anderson, SC 29621 **Tuesday, November 14th** 2:00 pm The Pines at Greenville

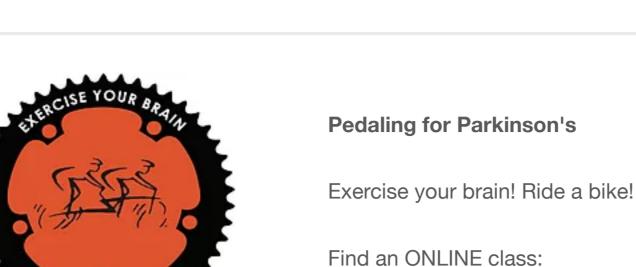
20 Hawthorne Park Ct., Greenville, SC 29615

\*NEW Spartanburg group added\*

Wednesday, November 29th 1:00 pm - 2:00 pm Simpsonville First Baptist Church- Room N203 3 Hedge Street, Simpsonville, SC 29681 No November meeting for Clemson/Seneca group

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





**Member Spotlight** 

My name is Alan Dzur. I am currently

a resident of Simpsonville, SC. In

org/pfp-covid19

https://www.pedalingforparkinsons.

### Additionally, upon my diagnoses I immediately began Parkinson's specific Physical Therapy (LSVT Training) and after several months I began in Rock Steady Boxing. Along the way, I must admit that I was very



Call!! ( Another words, it is time to make changes on your own, before your body makes those changes for you). • Exercise, Education, and Positivity!!! (You can make those three things a part of your daily life and thus slow the progression and retain your quality of life, or you can do nothing and hope and pray for the best - Your Choice!) Hope to see you at the next GAPS event!!! What our volunteers sa advocacy and patient education regarding their healthcare journey. Gaps gave me the opportunity to do just that when I started volunteering with GAPS in 2021. I was so impressed



As we move towards year-end, the Board of Directors of GAPS is incredibly

HAVE SOME FREE TIME?

www.gapsonline.org

(864) 477-0290

Please visit our website for community events and information such as studies and seminars. https://www.gapsonline.org/programs-exercise

**COME GET INVOLVED!** 

**SUPPORT THE CAUSE!** MAKE A DONATION TODAY! **DONATE NOW** © 2021 Greenville Area Parkinson Society. All rights reserved. Our mailing address is: