Past Issues Subscribe Monthly

Welcome The GAPS Board of Directors is pleased to announce newly hired

Greenville Area

Parkinson Society

We Walk With You.



years of non-profit experience in the Upstate Community. In the past,

she served as Director of Marketing and Events at The Children's

Museum of the Upstate and most recently for over 10 years as Director of Development at the Meyer Center for Special Children. Shannon and her husband, Buddy, live in Greenville and have 4 children and 1 granddaughter. They enjoy

spending time at the lake with their

family and friends.

Executive Director, Shannon

Update

January 2024

RSS 🔊

Translate ▼

"I am honored to be a part of such an important mission and look forward to meeting and working with each of you. I am confident that together we can do great things in 2024 and beyond."

GAPS is here for you. You are

are walking the PD journey.

meeting feeling supported,

encouraged, and renewed.

NOT alone! Please join others who

Participate to the extent you feel

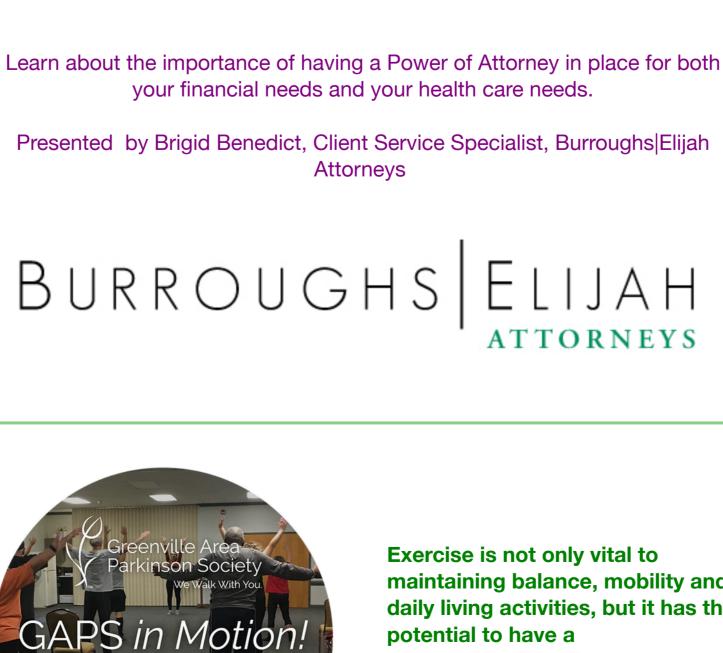
comfortable. You will leave the



Thursday, January 11th 1:00 pm - 2:00 pm Earle Street Baptist Church- Welcome Center

225 W. Earle Street, Greenville, SC 29609

Greenville Area Parkinson Society



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

Madison is an Atlanta native who

received her Bachelor's Degree in

Human Development and Family

Georgia. After graduation, Madison

worked as a physical therapy aide at

Sciences from the University of

the Shepherd Center in Atlanta,

where she developed a love for

working with people with

neurological injuries and/or

pathologies. Three years later,

neurological impairments in order to

improve one's overall function and in

return, improve one's quality of life.

Mark Your Calendars!

February 7th from 10:00 am- 12:00

at Top Golf

Carolina Adaptive Golf has invited

GAPS to participate in the Golf

participating in this therapy every

other month beginning in February!

They are a nonprofit whose mission

access to adaptive golf therapy that

is to create an environment where

participants in the Carolinas have

promotes inclusion, builds selfconfidence, and enhances the

We are thrilled for this opportunity

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

Parkinson's On The Move

Pedaling for Parkinson's

Find an ONLINE class:

org/pfp-covid19

Exercise your brain! Ride a bike!

https://www.pedalingforparkinsons.

for GAPS members to play golf!

quality of life.

Online exercise options

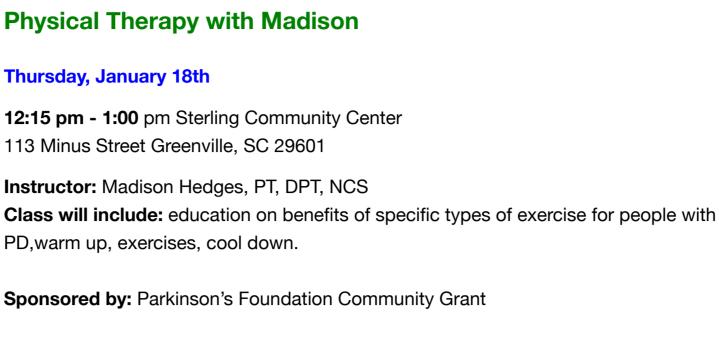
you!

Therapy they offer the

community. GAPS will be

moved to Greenville with her

husband in May of 2021. She



Madison attended Georgia State University, where she graduated with her Doctorate in Physical Therapy. Furthermore, Madison was accepted



Choose your video workout experience with Alex Tressor from PD on the Move! Access his videos at: https://pdonthemove.com/start/w orkout

GAPS Social is a monthly, fun social night for everyone to come and meet other active PD members, our board, volunteers, and staff. Come join us and help us grow awareness, support, and commitment to the PD community in the Upstate.

We have enjoyed our November and December socials. We are looking

STRIDES FOR GAPS GREENVILLE AREA PARKINSON'S SOCIETY (GAPS) IS A LOCAL NON-PROFIT ORGANIZATION THAT SUPPORT GROUPS • EXPERT SPEAKER SEMINARS SOCIAL EVENTS • 0.4 MILE WALK VENDORS WHO SERVE THIS COMMUNITY • F00D • MUSIC ACTIVITIES FOR KIDS

GAPS Social

forward to our 1st social of the new year!

WALK WITH

Strides

for

GAPS

WALK WITH

CONESTEE PARK PAVILION APRIL 21, 2024 12:00 - 2:00 PM **Member Spotlight**

> Parkinson's about 8 years ago. We found out in February of that year of

his PD and there was a GAPS

Convention Center that March or

our journey with Parkinson's. We

speakers were just fantastic. So

May. That was such a great start in

met great people that day and the 3

that started our GAPS relationship,

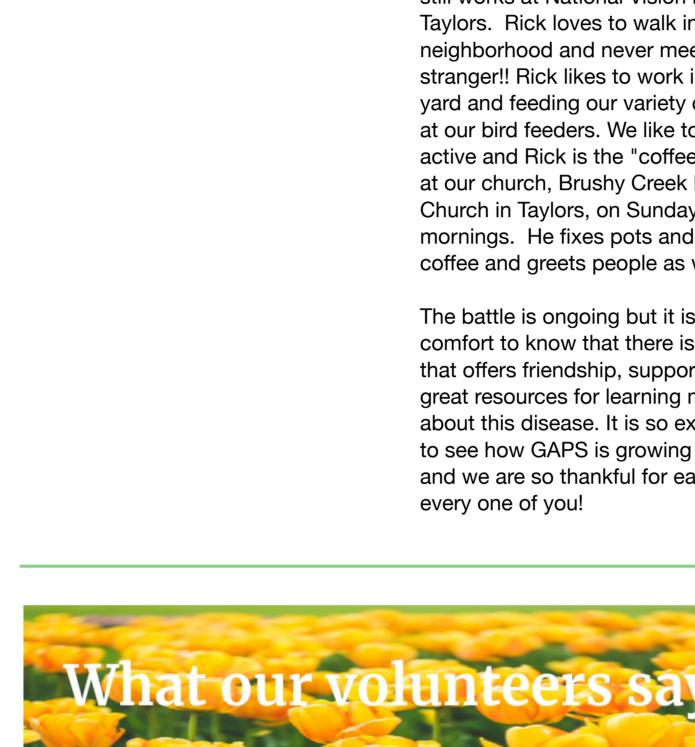
and it has been such a blessing to

with this disease and knowing that

us to this day. You are not alone

Lunch and Learn at the TD

was such a positive message.



Greenville has been so helpful and GAPS has led us to a lot of good information with meetings, connecting us with others with PD, hearing about doctors that treat PD and just providing you with a great place to share in your fight with PD. We both love to eat out and find new coffee places! We love a good breakfast out and hang out at Chickfil-A and now have discovered Eggs UP Grill. We love to walk at Unity Park and then hit the bakery at The Commons. We always find someone to talk with and just love to see where people are from. Both of us are native to Greenville and seeing where people are moving into Greenville from is always interesting. Lynn loves to read and still works at National Vision in

Taylors. Rick loves to walk in our neighborhood and never meets a stranger!! Rick likes to work in the yard and feeding our variety of birds at our bird feeders. We like to stay active and Rick is the "coffee man" at our church, Brushy Creek Baptist Church in Taylors, on Sunday mornings. He fixes pots and pots of coffee and greets people as well. The battle is ongoing but it is such a comfort to know that there is a place that offers friendship, support, and great resources for learning more about this disease. It is so exciting to see how GAPS is growing again and we are so thankful for each and every one of you!

callers. **COME GET INVOLVED!**

Greenville Area Parkinson Society

GAPS Support Groups **January Support Groups** Rolling Green Village Center- Blue Ridge Room C 1 Hoke Smith Blvd Greenville, SC 29615 Assisted Living Activities Room **Tuesday, January 9th**

400 Webber Rd, Spartanburg, SC 29307 201 East Reed Rd, Anderson, SC 29621 2:00 pm The Pines at Greenville 20 Hawthorne Park Ct., Greenville, SC 29615 Wednesday, January 10th Virtual Care Partners 9:30-10:30 PWP 10:30-11:30 zoom meet meet ID: 3543148633 passcode: 1234

Wednesday, January 24th 1:00 pm - 2:00 pm Simpsonville First Baptist Church- Room N203 3 Hedge Street, Simpsonville, SC 29681 Thursday, January 25th 3:30 pm The Downtown Corley Center @ Clemson Downs 150 Downs Blvd, Clemson, SC 29631

Coffee Talk is an educational series led by area experts in matters such as insurance, Medicare, home GAPS Coffee Talk health, mindfulness, nutrition, and other topics relevant to our members. It is offered monthly. Light refreshments are served. Please join us!

January Coffee Talk What Exactly is a Power of Attorney and Why Do I Need One? Tuesday, January 16th at 11:00 am The Pines at Greenville, 20 Hawthorne Park Ct., Greenville, SC 29615

Join GAPS in Motion Zoom Class Zoom Meeting ID: 872 0831 5348

Every Wednesday

Every Wednesday

12:00 pm - 1:00 pm

2:00pm - 3:00pm

Every Friday

The Sterling Hope Center

709 Dunbar St, Greenville, SC 29601

Clemson Downs @ The Corley Center

150 Downs Blvd., Clemson, SC 29631

Virtual/Online Class with Alex Tressor

1:00pm - 2:00pm

and completed a Neurological Residency program with the Medical University of South Carolina the following year, making her a boardcertified Neuro Clinical Specialist. She has since been living and working in the Greenville area, pursuing her passion for working with and treating those with



Tuesday, January 23rd 4:00-6:00 drop in

Rolling Green Village

Commons Piano Lounge

1 Hoke Smith Blvd Greenville, SC 29615 (the building with the columns and flagpoles) Mark your calendars for our

spring fundraiser! This is sure to

our PD community.

be a wonderful afternoon celebrating

For information on sponsorship click

here: stridesforgaps. Click Strides

We are looking for lots of teams to

All donations to Strides for GAPS

here: https://gapsonline.kindful.com/

JOIN US!

CELEBRATE OUR COMMUNITY

WITH GREENVILLE AREA

team will be coming soon!

can be made

participate. Information of forming a

for GAPS in the pull down menu.

PARKINSON'S SOCIETY Hello! We are Rick and Lynn Crain. Rick was diagnosed with

Rick has always exercised and that has made a huge difference with managing his symptoms. Having the resources that we have in

because it is incredibly rewarding to be a part of this great organization, and to give back to my community. I have always been drawn to patient advocacy and education for as long as I can remember. I have a passion for helping others and I feel called to help people during their most trying and triumphant times. Everyone I have met has been incredibly passionate about helping in the community and it is an honor to work with such amazing people and families walking through this disease. I have learned so much from the families and the group members who have a Parkinsons diagnosis. Whether it has been a recent diagnosis or one they have had for years, their involvement in

the groups, their words of wisdom

that they share with others, and their

willingness to be present is truly and

honor to be apart of. I look forward to learning more and sharing in this

new year with everyone.

HAVE SOME FREE TIME?

If you would like to get involved and

We are always looking for mentors,

ambassadors, and connection

help GAPS in its mission, please

GAPS could use your help!

contact Jennifer Darst at

jennifer@gapsonline.org

My name is Amanda Bowser and I

working in healthcare for over ten

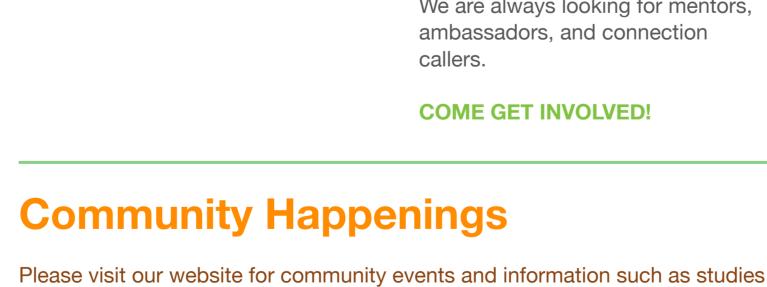
facilitator for GAPS three months

ago. I enjoy being a facilitator

years, and I started volunteering as a

am a community educator for

Affinity Hospice. I have been



and seminars.

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

https://www.gapsonline.org/programs-exercise www.gapsonline.org
info@gapsonline.org Greenville Area Parkinson Society (864) 477-0290 We Walk With You **SUPPORT THE CAUSE!** MAKE A DONATION TODAY! **DONATE NOW**

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