



## February 2024

### Golf with GAPS

February 7th from 10:00 am- 12:00 pm  
Top Golf  
201 Clifton Ct, Greenville, SC 29615

Never golfed? That's ok! Need accommodations? That's ok!  
Trained instructors will be on hand to assist you.

Carolina Adaptive Golf is a nonprofit whose mission is to create an environment where participants in the Carolinas have access to adaptive golf therapy that promotes inclusion, builds self-confidence, and enhances the quality of life.

RSVP not required but appreciated.  
Call or text 477-0290, email [jennifer@gapsonline.org](mailto:jennifer@gapsonline.org) to RSVP, register below, or just show up!  
Bring a friend or family member! Everyone is welcome!  
Hosted by Carolina Adaptive Golf

[Register](#)

**GAPS Support Groups**

**GAPS is here for you. You are NOT alone! Please join others who are walking the PD journey. Participate to the extent you feel comfortable. You will leave the meeting feeling supported, encouraged, and renewed.**

### February Support Groups

**Wednesday, February 7th**  
11:00 am  
Rolling Green Village Center- Blue Ridge Room C  
1 Hoke Smith Blvd Greenville, SC 29615

**Thursday, February 8th**  
1:00 pm - 2:00 pm  
Earle Street Baptist Church- Welcome Center  
225 W. Earle Street, Greenville, SC 29609

**Monday, February 12th**  
11:00 AM  
White Oaks Estates  
400 Webber Rd, Spartanburg, SC 29307  
Assisted Living Activities Room

**Tuesday, February 13th**  
2:00 pm  
Anderson YMCA  
201 East Reed Rd, Anderson, SC 29621

**Wednesday, February 14th**  
Virtual  
Care Partners 9:30-10:30 am PWP 10:30-11:30 am  
[zoom meet](#) meet ID: 3543148633 passcode: 1234

**Thursday, February 22nd**  
3:30 pm  
The Downtown Corley Center @ Clemson Downs  
150 Downs Blvd, Clemson, SC 29631

**GAPS in Motion!**

**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

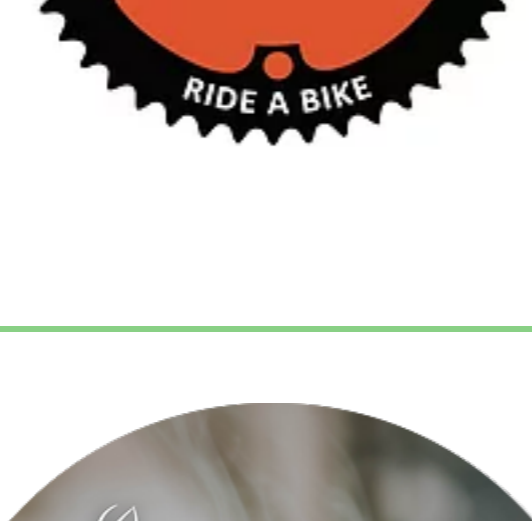
#### Online exercise options



**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/yourkout>



**Pedaling for Parkinson's**

Exercise your brain! Ride a bike!

Find an ONLINE class: <https://www.pedalingforparkinsons.org/pfn-covid19>

**GAPS Coffee Talk**

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

## FYZICAL Therapy & Balance Centers & GAPS Coffee Talk

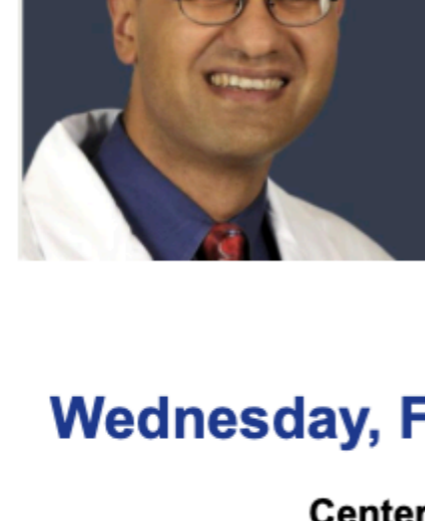
### Tuesday February 20th at 11AM

The FYZICAL physical therapy team is presenting an informative session in collaboration with the Greenville Area Parkinson's Society (GAPS), diving into the critical subject of exercises and fall prevention for individuals dealing with Parkinson's disease. The session aims to equip GAPS members with specialized knowledge and strategies to enhance their physical well-being. Join us for personalized exercises, a Q&A with physical therapists, and more information about balance!

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

[RSVP](#)

**GAPS Lunch & Learn**



**Parkinson's Disease: More than Motor Symptoms**  
**Presented by Fahd S. Amjad, MD**  
Assistant Professor  
Department of Neurology, Division of Movement Disorders  
Co-Director  
Huntington's Disease Center of Excellence Georgetown University Hospital Washington, DC

**Wednesday, February 21, 2024 at 12:00 pm**  
Center for Manufacturing Innovation  
The John I. Smith Charities Multipurpose Room  
575 Millennium Blvd Greenville, SC 29607

#### Program Overview

- Introduce non-motor symptoms of Parkinson's disease (PD): hallucinations and delusions
- Describe the symptoms of PD-related hallucinations and delusions
- Explore how you can talk to your healthcare provider about your symptoms and establish a treatment plan

Lunch provided. Please RSVP by February 16th

Sponsored by:

[Register by 2/16/24](#)

**GAPS Social**

**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.**

### What an amazing January social!

Congratulations to our raffle winners: Debbie, Diane, and Joe!



### February Social

Join us for food, friends, and fun. Giant Jenga and raffles!

**Thursday, February 27th**

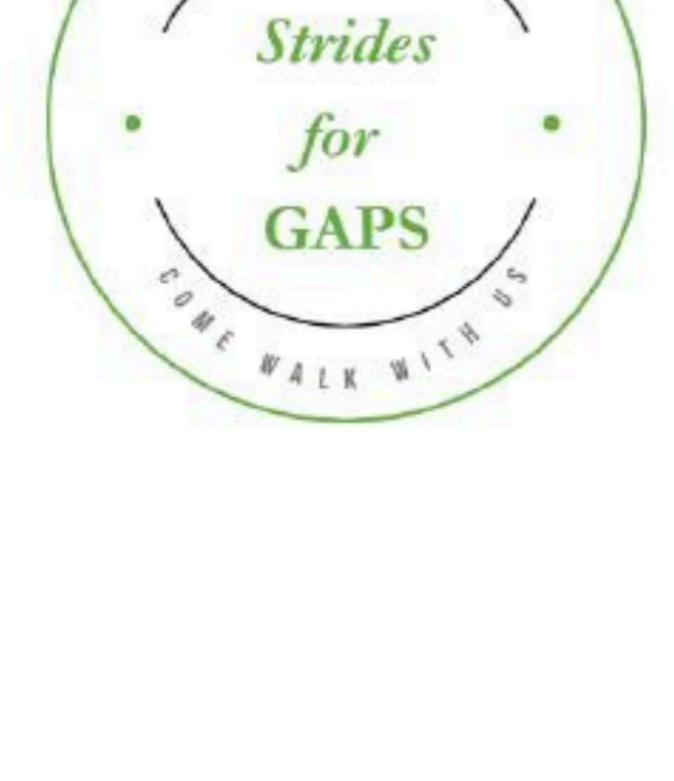
4:00 pm - 6:00 pm

Rolling Green Village

1 Hoke Smith Blvd, Greenville, SC 29615

(the building with the flags and columns)

[RSVP](#)



#### Mark your calendars for our spring fundraiser!

Sunday, April 21st from 12-2 pm.  
Fun for the entire family!

**Information of forming a team will be coming soon!**

All donations to Strides for GAPS can be made here: <https://gapsonline.kindful.com/>  
Click Strides for GAPS in the pull down menu.

Interested in sponsoring the event? Please contact Shannon at [shannon@gapsonline.org](mailto:shannon@gapsonline.org) for more information.

## JOIN US!

CELEBRATE OUR COMMUNITY WITH GREENVILLE AREA PARKINSON'S SOCIETY

CONESTEE PARK PAVILION

APRIL 21, 2024

12:00 - 2:00 PM

**STRIDES FOR GAPS**

GREENVILLE AREA PARKINSON'S SOCIETY (GAPS) IS A LOCAL 501(C)(3) ORGANIZATION THAT OFFERS SUPPORT, EDUCATION AND RAFFLES TO PEOPLE LIVING WITH PARKINSON'S DISEASE. HELP US SUPPORT STRIDES AND RAFFLES WITH A DONATION TO OUR QUALITY OF LIFE. WE HAVE STRIDES FOR GAPS IN OUR COMMUNITY THROUGH:

- SPORTS EVENTS
- WALKS/CLASSES
- GOLF SPONSORSHIPS
- SOCIAL EVENTS

STRIDES FOR GAPS IS ONLY A STRIDE AWAY FROM YOUR COMMUNITY. BY PARTICIPATING IN SUPPORTING THE STRIDES AND RAFFLES, YOU WILL BE MAKING A DIFFERENCE IN THE LIVES OF PEOPLE WITH PARKINSON'S DISEASE.

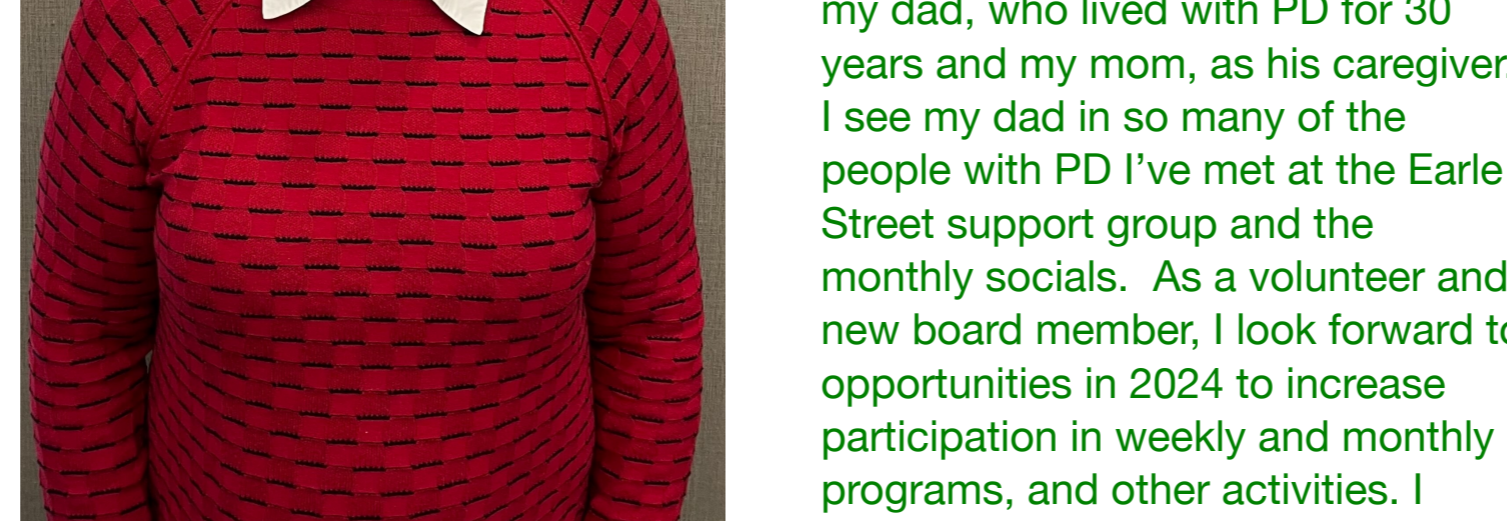
- GOLF SPONSORSHIP
- WALKS/CLASSES
- GOLF
- RAFFLES
- ACTIVITIES FOR GOLF

**We welcomed several new Board Members at our first meeting of the new year. The 2024 Board looks forward to meeting everyone throughout the year at programs and events. We thank them for their service!**

#### 2024 GAPS Board of Directors

Brian Hungerford, President  
Ashley Hughey, Vice President  
Natalie Tupper, Secretary  
Brad Medcalf, Treasurer  
Pat Sullivan - Co-Founder

Deborah Hampton  
Fallon Hogan  
Willi Huss  
Caldwell Johnston  
Julie Mullikin  
Kamber Parker



Deborah Hampton serves on the Strides for GAPS committee, is a member of the GAPS board of directors and serves as a facilitator at the Earle Street Baptist support group.

"Volunteering with GAPS allows me to honor and remember my parents - my dad, who lived with PD for 30 years and my mom, as his caregiver. I see my dad in so many of the people with PD I've met at the Earle Street support group and the monthly socials. As a volunteer and new board member, I look forward to opportunities in 2024 to increase participation in weekly and monthly programs, and other activities. I hope to be walking alongside many of you at Strides for GAPS on April 21 at Conestee Park!"

Favorite Michael J. Fox quote - "So I have this thing, but it does not define who I am" . . .

**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](mailto:jennifer@gapsonline.org)

We are always looking for mentors, ambassadors, and connection callers.

**COME GET INVOLVED!**

### Community Happenings

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

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

[www.gapsonline.org](http://www.gapsonline.org)  
[info@gapsonline.org](mailto:info@gapsonline.org)  
(864) 477-0290

SUPPORT THE CAUSE!  
MAKE A DONATION TODAY!

[DONATE NOW](#)