



## October 2023



### In person:

<b>1st Wednesday of the Month</b> 11:00 am Rolling Green Village Center 1 Hoke Smith Blvd Greenville, SC 29615 Blue Ridge Room C	<b>2nd Tuesday of the Month</b> 2:00 pm The Pines at Greenville 20 Hawthorne Park Ct, Greenville, SC 29615	<b>2nd Tuesday of the Month</b> 2:00 pm Anderson YMCA 201 East Reed Rd, Anderson, SC 29621
<b>2nd Thursday of the Month</b> 1-2 pm Earle Street Baptist Church 225 W Earle St, Greenville, SC 29609 enter at the Welcome Center	<b>4th Wednesday of the Month</b> 1-2 pm Simpsonville First Baptist Church 3 Hedge Street, Simpsonville, SC 29681 Room N 203	<b>4th Thursday of the Month</b> 3:30 pm The Downstairs Corley Center @ Clemson Downs 150 Downs Blvd, Clemson, SC 29631

### Virtual:

2nd **Wednesday** of the Month  
 Care Partners 9:30-10:30 PWP 10:30-11:30  
[zoom.meet meet ID: 3543148833 passcode: 1234](#)



- October 6th**  
 11:00 am  
 Earle Street Baptist Church  
 225 W. Earle Street  
 Greenville, SC 29609  
 (enter at the glass doors under the Portico)  
 "Parkinson's: The First Two Year's"  
 presented by Alan Dzur, a PWP
- October 18th**  
 10:30 am  
 Pines at Greenville  
 20 Hawthorne Park Ct, Greenville, SC 29615  
 "Gocovri and Apolyn"  
 presented by Jerel Farris with Supernus
- November 15th**  
 10:30 am  
 Pines at Greenville  
 20 Hawthorne Park Ct, Greenville, SC 29615  
 "Duopa: a treatment of motor fluctuations in patients with advanced Parkinson's disease"  
 presented by Chris Buffington with Abbvie
- December 20th**  
 10:30 am  
 Pines at Greenville  
 20 Hawthorne Park Ct, Greenville, SC 29615  
 "Driving Safely"  
 presented by Linda Cale with Senior Care Authority



- Every Tuesday**  
 11:00 am  
 GAPS walking club will join the Well Walkers at Bon Secours Wellness Arena, 650 North Academy Street, Greenville, SC 29601 (free parking in VIP lot off of Church Street)  
 Enter through the Furman Entrance at the brown gate and meet us inside.
- 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/workout>



**Pedaling for Parkinson's**  
 Exercise your brain! Ride a bike!  
 Find an ONLINE class: <https://www.pedalingforparkinsons.org/pfp-covid19>

## Member Spotlight

Stan Starnes is the man behind the most recent promotion of Alex Tressor's Friday exercise class. Stan wants everyone to reap the benefits of this GAPS movement class. Stan was also asked to represent GAPS at the October event being hosted by the Parkinson Foundation Carolina Chapter on October 21st. He and his wife will represent GAPS as the PWP and care partner panelists.

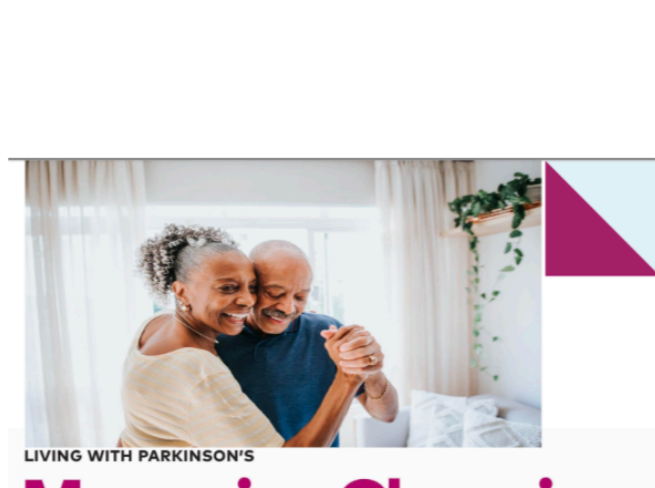


Stan Starnes, center, with sons Steven and James beginning a rim-to-rim hike at the Grand Canyon

Stan and Cindy moved from the Lansing, Michigan, area to Greenville, in 2007. They both had careers in banking, Stan in commercial lending and Cindy in retail banking. He is now retired, and Cindy is a SVP at the Bank of Travelers Rest. They both love Greenville. High on their list are the Symphony and the Warehouse Theatre.

Stan was diagnosed with Parkinson's disease in 2019 and there was no family history of it. He feels so grateful to have been introduced to GAPS by Art Smith. Stan appreciates the many valuable services GAPS provides, and his #1 is emotional support. A PD diagnosis made him feel, like many others, somewhat isolated, alone. He appreciates the kind support the staff and GAPSters provide each other – a sense of community.

Stan has always enjoyed athletic challenges and he knows physical activity is a key component in dealing with Parkinson's. His physical achievements in pre-Parkinson days include six marathons, hiking to the top of Mt. Whitney, and two one-day-rim-to-rim hikes at the Grand Canyon. Stan jokingly refers to his age this year as "something to do with trombones. Ok, how old am I?... think Broadway musical song." (Answer: four score minus four = 76 Trombones). These days Stan dutifully engages in Physical Therapy exercises, counting steps on his Fitbit watch, and happily and gratefully participating in the full body workouts that Alex Tressor leads in the GAPS Friday Zoom class.



**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. Woschkolup, MD,**  
 Bon Secours St. Francis Health System  
**Ketan Jhurjharwala MD**  
 Sparrow Medical Center  
**Amber Stutz MD**  
 Pitman Health  
**Myriam Solimon, PhD**  
 Pitman Health Neuroepidemiology  
**Dana Hodges, SLP,**  
 Bon Secours Diane Collins Neuroscience Institute

Attendance is free. Lunch will be provided.  
 Hosted by the Parkinson's Foundation Carolinas Chapter

**Registration is required.** [Register Here](#)



*"Volunteering makes me feel good! I feel great when I have the opportunity to help someone. As I support an important cause with my time, I hope to make a difference in someone's life."*  
 -Jennifer Permas



**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)

**COME GET INVOLVED!**



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

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