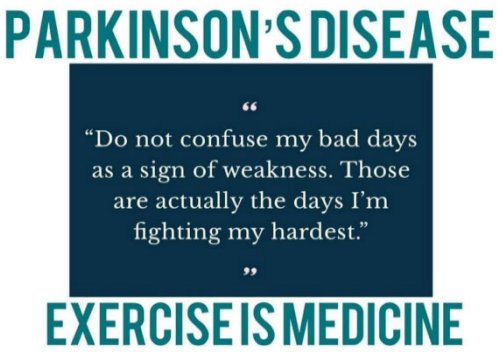
FOUNDATION for Parkinson's
Empowering people to move

November 30, 2025

What do you call Bears without Ears?

"B"



Click the icon for a kick-butt workout with Coach Betsy:

HKC Strength Class

HKC Parkinson's Fitness Class

"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?

Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There's nothing enlightened about shrinking so that other
people won't feel insecure around you.

We were born to make manifest the glory of
God that is within us.

It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.

As we are liberated from our own fear,
Our presence automatically liberates others."

— Marianne Williamson

BlueRock Therapeutics – exPDite-2 Study for Parkinson's disease - exPDite-2 is a double-blind, simulated surgery-controlled phase 3 study evaluating the potential efficacy and safety of an investigational cell therapy called bemdaneprocel designed to potentially replace the dopamine-producing neurons that are lost in Parkinson's disease with the aim of engrafting (meaning integrate) into the brain to restore dopaminergic function.

Find out if you or someone you know, is eligible for the study - exPDite-2 Study Checklist – BlueRock Therapeutics (It's my understanding, if you've had DBS, you are not eligible for this study)

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Cell therapies for Parkinson's: How far have we come

Join the World Parkinson Coalition for a special live webinar looking at dopamine cell therapies for Parkinson's, learn about progress that has been made in this therapeutic space and the implications for people with Parkinson's.

This 75-minute webinar to look at cellular therapies and Parkinson's and will focus on how far we've come in our research, clinical translation and understanding of cell therapies for Parkinson's. The presentation and discussion will focus on progress and implications for people with Parkinson's, including where research and clinical care is going with these types of therapies. We will also highlight the patient experience by hearing from a person who has who has had such a cell therapy

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Impulse Control | Parkinson's Foundation For people with Parkinson's disease (PD), managing the disease often comes down to a daily balance of dopamine — the neurotransmitter that is lost in PD. The challenge is to work with dopamine replacement therapies to find the right levels. Dopamine medications have improved life for millions of people, but researchers believe that some people with PD using these medications can develop impulse control disorders (ICDs) — unhealthy levels of gambling, shopping, eating and sexual activity.

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Idiopathic Parkinsonism (which is the same as Parkinson's – we use those terms interchangebly) vs. Atypical Parkinsonism - The term "*idiopathic*" signifies that the exact cause is unknown, though it is likely a combination of genetics and environmental factors like toxins. Experts also believe idiopathic Parkinson's disease happens because of problems with how your body uses a protein called α-synuclein (alpha sy-nu-clee-in). Proteins are chemical molecules that have a very specific shape. When some proteins don't have the correct shape — a problem known as protein misfolding — your body can't use them and can't break them down. As you know, treatment of Parkinson's focuses on managing symptoms, not curing the disease.

On the other hand, aTypical Parkinson's refers to a group of neurological disorders that share symptoms with Parkinson's disease such as slowness, stiffness, and tremor, but have distinct features and are generally less responsive to levodopa treatment. Unless you are telling me something, all of you are diagnosed with idiopathic Parkinson's. I have worked with folks diagnosed with aTypical Parkinson's - Progressive Supranuclear Palsy, Multiple System Atrophy, and Lewy Body Dementia. I have not worked with anyone diagnosed with Corticobasal Syndrome (CBS). CBS is a rare diagnosis.

- **Multiple System Atrophy (MSA):** (Chef Kerry Simon, British actor Kenneth More, American actor Austin Crawford, who is also an advocate, and British politician Fleur Agema.

This is a degenerative disorder that can include parkinsonian motor symptoms, as well as cerebellar problems (coordination, balance) and autonomic dysfunction (blood pressure, bladder control).

- **Progressive Supranuclear Palsy (PSP):**

A key feature of PSP is frequent, unexplained falls, especially early in the disease. Other symptoms can include eye movement problems and a stooped posture. (Linda Ronstadt and Jesse Jackson have PSP)

- **Corticobasal Syndrome (CBS):**

Often described as a loss of function on one side of the body, CBS can involve jerky, involuntary movements, and difficulty with fine motor skills. (Novelist Jason Matthews)

- **Dementia with Lewy Bodies (DLB):** (Robin Williams, Shirley Temple!!!)

This is a form of atypical parkinsonism that involves dementia and parkinsonian motor symptoms. It is also characterized by fluctuating alertness and visual hallucinations

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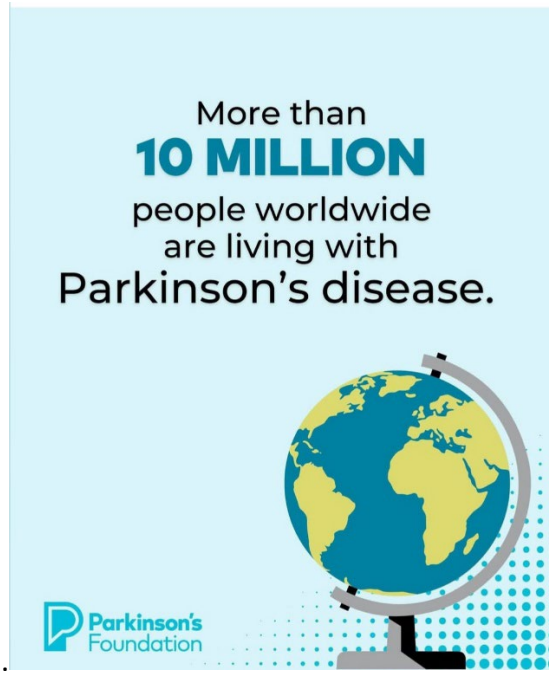
More than 12,000 clinicians, scientists and other healthcare professionals dedicated to improving care for some of the most challenging disorders through education and research. International Parkinson and Movement Disorder Society

World Movement Disorders Day - November 29. Movement disorders are neurological conditions that can be especially difficult to diagnose, treat, and understand. That is why we are promoting #MoveDisorder awareness.



COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

~Saturday 11am Hamil-Kerr Parkinson's Fitness (zoom) Coach Betsy

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ **In-person Parkinson's Spin Class at YWCA of Highpoint**
Tuesday and Thursday- 12:00-1:00

~**In-person Parkinson's Spin Class at Ragsdale YMCA**
Tuesday and Thursday- 10:15

~ In-person Parkinson's Dance with Hilary Savage – 1pm second and fourth Wednesday of every month. If you plan on attending in person, please join Hilary at PurEnergy, 1905 Ashwood Ct

In-Person Tai Chi with Michele
Michele's 1pm Tai Chi class takes place on the first and third Wednesday of every month at Michele's beautiful new studio - ProActive Therapy and Wellness, - 6579 Lake Brandt Rd, Summerfield ~Rock Steady Boxing - Greensboro (in person)

~Rock Steady Boxing of Archdale (in person)

~A.C.T. By Prince Deese

~For information on in-person 1:1 training in your home, contact Alesia Pendleton pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)- Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org
~Davis Phinney Foundation: Live Well with Parkinson's TODAY - Davis Phinney Foundation

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

~Michael J Fox Foundation: www.michaeljfox.org
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And of course, reach out to me anytime.
Yours, Coach B

Rock Steady Boxing Certified Coach
Certified Parkinson's Disease Fitness Specialist
ISSA Certified Personal Trainer