

PARKINSON'S VOICE



Bluegrass Parkinson's Alliance April 2025 Newsletter

April is Parkinson's Awareness month and here at BPA we will be working hard to bring more awareness and understanding of Parkinson's disease, and also market what the Bluegrass Parkinson's Alliance offers for those with PD and their care partners. We are excited to host another care partners event on April 16 about building better conversations and then on April 23, we will host our April Speaker Meeting about Onago, a new infusion device for PD. We also are the monthly charity of choice for Sedona Taphouse on Monday nights - come have a delicious meal and support BPA every Monday in April! And finally, the last weekend of the month is the Parkinson's Foundation Moving Day walk and a fundraiser at Kendra Scott where BPA will receive 20% of sales on Sunday, April 27. I hope all this educates both you and the community on PD and brings more awareness to what a life with Parkinson's disease means.



All are invited to a Discussion Group this month!

BPA's Discussion Groups are one of the best ways to meet fellow BPA members, share advice and tell stories. I hope you can join us!

The Evening Discussion Group will meet April 2 at 6 pm. For the Evening Group, care partners and those with Parkinson's will meet together in the Bradford room for the first half hour and then divide up for the second half hour. I hope you can join us!



The Daytime Discussion group will meet Monday, April 28 at 11:30 am at Crestwood Christian Church. For the Daytime Group, people with Parkinson's Disease meet in the Bradford Room and Care Partners meet in Chalice Hall.



Dine at the Lexington-Palomar location of Sedona Taphouse on April 7, 14, 21 or 28 to support the Bluegrass Parkinson's Alliance!

Enjoy 50% off a great meal at Sedona Taphouse while doing your part for charity! For every HALF PRICE 8 oz. Black Angus Flat Iron Steak, 8 oz. Grilled Chicken, or 7 oz. Grilled Salmon entrée sold, Sedona Taphouse will donate \$1 to BPA!



50% off regular menu price! For \$12-14 you can choose one of the following:

Black Angus Flat Iron Steak
8 oz. USDA Choice. Garlic whipped potatoes. GF

Grilled Chicken
8 oz. Side of BBQ. Garlic whipped potatoes. GF

Grilled Salmon
Organic, certified sustainable, fresh caught. Grilled and served with garlic whipped potatoes and choice of topping: lemon butter, herb butter, or pineapple mango salsa. GF

Limit one per person, while supplies last, dine-in only, not valid with any other offer. Drink purchase required. Side substitution is an extra charge.

CLICK HERE TO RSVP FOR CARE PARTNERS EVENT!

All care partners are invited to a workshop, Communication & Parkinson's: Strategies to Support and Repair Conversations. Join us for information, discussions and lunch on April 16, 2025!

DETAILS OF THE DAY

Thanks to a Community Grant from the Parkinson's Foundation, the Bluegrass Parkinson's Alliance is excited to host special programming for care partners in 2024 and 2025. In this third session, join Emily Smith, MS CCC-SLP, to learn useful techniques to help with one of the most difficult changes in relationships due to the progression of Parkinson's disease. The workshop, *Communication and Parkinson's: Strategies to Support and Repair Conversations*, will include a presentation by Smith with information on how PD affects speech and cognitive abilities and thus can create challenges in conversations and general communication. The day will include light breakfast and a catered lunch.



This program is supported by a generous Community Grant from the Parkinson's Foundation.



APRIL 16, 2025

10:30 AM TO 2 PM

**CRESTWOOD
CHRISTIAN
CHURCH**

1882 Bellefonte Drive
Lexington, KY 40503

RSVP BY APRIL 11

Laura@ParkinsonsLexington.com or
BGPARKINSONS.ORG

**EMILY SMITH,
MS CCC-SLP**

Speech-Language
Pathologist



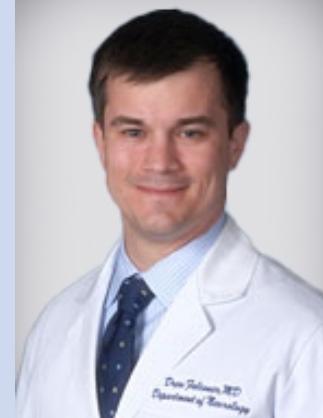
BPA is excited to welcome Emily Smith, a Speech Language Pathologist with UK HealthCare Outpatient Therapy Clinic at Cardinal Hill. Emily frequently works with PD patients and their families and is certified and trained in LSVT LOUD. She also has presented at BPA's *Gathering for the Good* symposium.

CLICK HERE TO RSVP FOR APRIL 16!

Join us April 23 for a lunch Speaker Meeting on Onapgo with Dr. Drew Falconer!

Join us Wednesday, April 23 at Crestwood Christian Church at 12 pm for lunch and a presentation by Dr. Drew Falconer on Onapgo, a new infusion device for PD.

Dr. Drew Falconer is board certified in neurology and is a fellowship-trained movement disorders specialist. He joined Inova Neurology in 2015 with the launch of the Inova Parkinson's and Movement Disorders Center where he serves as Medical Director. He specializes in advanced care of patients with Parkinson's disease, essential tremor, dystonia, Huntington's disease, tic disorders and other movement disorders.



I hope you can join us to learn more about this advancement in PD care at BPA's April Speaker Meeting! [CLICK HERE TO RSVP!](#)

[CLICK HERE TO RSVP FOR THE APRIL SPEAKER MEETING!](#)

ALL-DAY OFF TIME CONTROL
IS POSSIBLE WITH
ONAPGO™

NEW and NOW APPROVED —The first and only apomorphine infusion device to treat motor fluctuations (OFF episodes) in adults with advanced Parkinson's disease.

[HOW IT WORKS](#)



Shine Bright, Do Good *

JOIN US FOR A KENDRA GIVES BACK EVENT

DATE & TIME

Sunday April 27th

DETAILS

20% can be donated back when you shop in store! Can't make it in? Use code "GIVEBACK-IZEKB" on Kendrascott.com at checkout and 20% can be donated back to Bluegrass Parkinson's Alliance!



KENDRA SCOTT



SUPPORT BPA THIS APRIL AT KENDRA SCOTT JEWELRY!

SUNDAY, APRIL 27

- 1-4 pm in store at the Summit Fritz Farm Location
- In store Sips & Sweets
- 24-hour online code to share with out-of-town friends & family
- The perfect chance to buy Mother's Day and spring/summer birthday gifts!

20% of sales goes to the Bluegrass Parkinson's Alliance!



KENDRA SCOTT





MOVING DAY LEXINGTON

SATURDAY,
APRIL 26, 2025

[REGISTER](#)

Join BPA on April 26 at Lexington Christian Academy for Moving Day 2025!

Simply [CLICK HERE](#) and join the BPA team! You do not need to donate, just register!

[BLUEGRASS PARKINSON'S ALLIANCE MOVERS WEBPAGE](#)

We are very excited the Parkinson's Foundation is hosting a local Moving Day in Lexington again this year. The event will be Saturday, April 26 at Lexington Christian Academy beginning at 9 am.

The Parkinson's Foundation hosts Moving Day events across the country to raise funds and awareness for those with Parkinson's Disease. I hope you will consider joining us and encouraging your friends and family to do the same.

Bill and Marlene Perdan are heading up our Bluegrass Parkinson's Alliance Movers team. [CLICK HERE](#) to join us! You do not need to donate, just sign up.

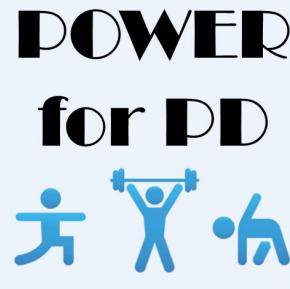


BPA provides lots of programming free of charge to all members. Each of these classes can be taken by both people with Parkinson's Disease and care partners. Simply reply to this email or email Laura Soldato at Laura@parkinsonslexington.com with any questions!

Power for PD
Mondays at 1 pm
Crestwood Christian Church

Power for PD is a group exercise class that combines aerobic and physical therapy exercises together for a great workout!

Power for PD meets Mondays in Crestwood Christian Church's Gymnasium, 1882 Bellefonte Dr, Lexington, KY 40503.



Loud Crowd
Tuesdays at 11 am
Virtual

Loud Crowd is a speech therapy program specifically designed for people with Parkinson's Disease. It is still meeting virtually.

Please email Heather for the link at Heather.gaddis@bhsi.com



Drums Alive!
Tuesdays at 2 pm
Saint Luke's UMC

Drums Alive! is an active class that combines music therapy and physical therapy together in a program specifically designed for Parkinson's patients and their care partners. Drums Alive! uses movement, music and drums to engage those with PD hopefully helping with balance and coordination.

Drums Alive meets Tuesday afternoons at 2pm at Saint Luke's United Methodist Church, 2351 Alumni Dr, Lexington, KY 40517.



<https://uky.zoom.us/j/82318329955>

Aquatics Class
Wednesdays at 2 pm
Cardinal Hill

The Aquatics Class is a water aerobics class for People with Parkinson's Disease and their care partners. All are welcome!



Sentimental Journey Choir

Thursdays at 2 pm

Crestwood Christian Church

Sentimental Journey is a therapeutic choir for people with PD and their care partners. It combines voice and breathing exercises within the music therapy class.

BPA's Therapeutic Choir meets Thursdays at 2 pm at **Crestwood Christian Church**.

<https://uky.zoom.us/j/86825969557>



Harmonica Basics

Thursdays at 3 pm

Crestwood Christian Church

Harmonica Basics is a new class to BPA's circuit. The class will be a different way for members to work on vocal strength, oral muscular health and breathing technique.

Harmonica Basics meets Thursdays at 3 pm at **Crestwood Christian Church**.



Parkinson's Exercise Program (PEP)

Thursdays at 6 pm

Cardinal Hill

PEP is a group exercise class for people with PD and their care partners who are able to move without the help of an assisted device. All agree PEP is an excellent workout in a fun, group environment.



Tai Chi

Fridays at 1 pm

Crestwood Christian Church



Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. It is highly recommended for people with PD.

Tai Chi

Tai Chi meets at Crestwood Christian Church, 1882 Bellefonte Dr, Lexington, KY 40503

I hope you will join BPA for a class or event this month! All classes and activities are seen on the calendar below and you can [CLICK HERE](#) for a printable version of the calendar as well.

If you have any questions about classes, please email or call Laura. Laura@parkinsonslexington.com or (859) 428-8627.



APRIL 2025 CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
MARCH 30	31 Power for PD Crestwood @1 pm	1 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	2 Aquatics Class at Cardinal Hill @ 2 pm Evening Discussion Group at 6 pm @Crestwood	3 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	4 Tai Chi @ 1 pm at Crestwood	5
6	7 Power for PD Crestwood @1 pm SEDONA TAPHOUSE FUNDRAISING EVENT	8 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	9 Aquatics Class at Cardinal Hill @ 2 pm	10 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	11 NO TAI CHI!	12
13	14 Power for PD Crestwood @1 pm SEDONA TAPHOUSE FUNDRAISING EVENT	15 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	16 Care Partners Event at Crestwood @ 10:30 am Aquatics Class at Cardinal Hill @ 2 pm	17 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	18 Tai Chi @ 1 pm at Crestwood	19
20	21 Power for PD Crestwood @1 pm SEDONA TAPHOUSE FUNDRAISING EVENT	22 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	23 April Speaker Meeting @ 12 pm at Crestwood Aquatics Class at Cardinal Hill @ 2 pm	24 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	25 Tai Chi @ 1 pm at Crestwood	26 MOVING DAY WALK! @ LCA
27	KENDRA SCOTT Fundraiser EVENT 1-4 pm 28 Daytime Discussion Group at 11:30 am @Crestwood Power for PD Crestwood @1 pm SEDONA TAPHOUSE FUNDRAISING EVENT	29 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	30 Aquatics Class at Cardinal Hill @ 2 pm			

BPA is grateful to our Yearly Sponsors for allowing us to provide free exercise and therapy classes each day. Their generosity allows BPA to continue its mission to create a community of hope and encouragement by providing

*resources and support services to those affected by
Parkinson's Disease.*



Bluegrass Parkinson's Alliance | PO BOX 4424 | Lexington, KY 40544-4424 US

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