

PARKINSON'S VOICE



Bluegrass Parkinson's Alliance February 2025 Newsletter

THANK YOU FOR YOUR DONATION!



I cannot thank the BPA Community enough for your generosity and support at the end of 2024 through our various fundraising efforts. BPA recently received a check for \$10,284 from the Blue Grass Community Foundation for our GoodGiving Challenge drive. You donated \$7,280.08 to BPA directly! Thank you for your generosity! Add to that over \$3,000 in MATCHING FUNDS for an amazing total. Thank you for giving at the right time to double your money! \$10,824 went well beyond our goal of \$8,000.

We also received a \$4,400 check from the Bluegrass Runners for our participation in the Thoroughbred Classic 5K on Thanksgiving Day. Thank you to all who volunteered and donated. The nearly \$15,000 from these two

fundraisers will go a long way towards paying for speaker meeting meals, exercise classes and boxing scholarships. Thank you for your support!

All are invited February 26 at 12 pm at Crestwood Christian Church for our February Speaker Meeting featuring Rani Priyanka Vasireddy, a UK Fellow in Movement Disorders. Lunch will be provided before Dr. Vasireddy's presentation on Parkinson's Disease. [**CLICK HERE TO RSVP!**](#)



[**CLICK HERE TO RSVP for February 19!**](#)

All care partners are invited to a restorative yoga class & lunch February 19, 2025 at The Signature Club of Lansdowne!

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 our care partners in 2024 and 2025. In this second session on February 19, join Molly Thompson for an all-levels gentle yoga class. We will utilize slow mindful movement, breath work, and guided meditation to find a moment of pause, rest, and relaxation. We know the life of a care partner can be overwhelming at times, so join us for a few hours to relax. Coinciding with the yoga practice, the day will include giveaways from the Parkinson's Foundation and local shops. Yoga will be followed by a delicious lunch at the Signature Club of Lansdowne.



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



**FEBRUARY 19, 2025
10:30 AM TO 1 PM**

**THE SIGNATURE
CLUB OF
LANSDOWNE**

3256 Lansdowne Drive,
Lexington, KY 40502

RSVP BY FEBRUARY 14
Laura@ParkinsonsLexington.com or
BGPARKINSONS.ORG

**MOLLY
THOMPSON**

City Editor, LEXtoday



BPA is excited to welcome Molly Thompson to speak and teach yoga at the Lunch & Learn. Molly is the City Editor of LEXtoday and a Power Vinyasa Yoga Teacher at Creative Yoga. She has also been a Walk Manager for the Alzheimer's Association of Greater Kentucky & Southern Indiana.

CLICK HERE TO RSVP FOR YOGA AND LUNCH!

Medical marijuana presentation recap

Thank you to all who attended Diane Vance's presentation on medical marijuana and its relationship to Parkinson's Disease. Dr. Vance shared her slides, and you can access them [HERE](#).



BPA offers our deepest condolences to the family and friends of Sam Strader who passed away in January. Sam and his wife Doris have been longtime members of BPA, actively participating in the Daytime Discussion Group and many BPA activities. BPA also offers our deepest sympathies to the family and friends of Marty Canning. Marty passed away in January. Marty and his wife Jenna were also longtime members of BPA. Both will be missed, and our thoughts and prayers are with their family and friends.



Just a reminder our Thursday Music Therapy classes are now at Crestwood! BPA's Therapeutic Singing Group and Harmonica Basics classes meet in MC2 at Crestwood Christian Church. BPA's Therapeutic Singing Group meets at 2 pm and Harmonica Basics will follow at 3 pm. Questions? Feel free to respond to this email or reach out to Laura at Laura@parkinsonslexington.com.

Join us for a Discussion Group this month!

Our 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 February 5 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, February 24 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.



*Lexington (KY) Alumnae
Delta Sigma Theta Sorority, Inc.*

EMPTY PILL BOTTLE DONATION DRIVE

AN INTERNATIONAL AWARENESS & INVOLVEMENT PROGRAM

in developing countries, medicines are often dispensed into hands, paper napkins, pockets, or any other available container. Donations of clean, unlabeled, empty pill bottles help us distribute much needed medication in sterile containers.

**March 8, 2025
1:00-2:00PM**

Lexington Pick Up Locations
Beaumont, Eastside,
& Northside Branch Libraries

Georgetown Pick Up Locations
Scott County Public Library

WWW.LINKTR.EE/DSTLEXKY



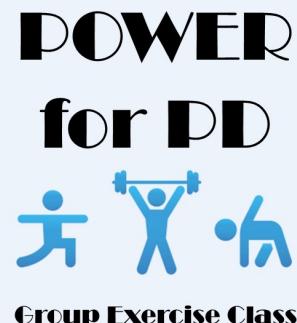
Just a reminder of BPA's policy on winter closings. During the winter months, if Fayette County Schools are closed due to the weather, all BPA meetings are canceled for that day. This does not apply if schools are on a delayed start.

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

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!

Cardinal Hill Pool, Entrance D



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.

<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

Bluegrass Parkinson's Alliance



Harmonica Basics
Music Therapy Class

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.



Cardinal Hill, Entrance E, Outpatient Therapy Center

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.



FEBRUARY 2025 CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 Power for PD Crestwood @1 pm	4 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	5 Aquatics Class at Cardinal Hill @ 2 pm Evening Discussion Group at 6 pm @Crestwood	6 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	7 Tai Chi @ 1 pm at Crestwood	8
9	10 Power for PD Crestwood @1 pm	11 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	12 Aquatics Class at Cardinal Hill @ 2 pm	13 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	14 Tai Chi @ 1 pm at Crestwood	15
16	17 Power for PD Crestwood @1 pm	18 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	19 Aquatics Class at Cardinal Hill @ 2 pm	20 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	21 Tai Chi @ 1 pm at Crestwood	22
23	24 Daytime Discussion Group at 11:30 am @Crestwood Power for PD Crestwood @1 pm	25 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	26 Lunch Speaker Meeting Rani Vasireddy, UK Fellow @ Crestwood at 12 pm Aquatics Class at Cardinal Hill @ 2 pm	27 Sentimental Journey @2 pm; Harmonica Basics @3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	28 Tai Chi @ 1 pm at Crestwood	

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!