

December 16-22, 2018

- **APDA RESOURCE CENTER CLOSED:** The Parkinson Resource Center in Chesterfield (1415 Elbridge Payne Rd) will be closed starting on Monday, December 24 for the winter holidays. We will reopen on Wednesday, January 2. No groups or classes will meet at our Chesterfield location during the closure. If you have questions about meetings at other locations, please contact your exercise or support group leader.
- **WEBINAR-ADDRESSING YOUR MENTAL HEALTH:** On Tuesday, December 18 at 12:00 pm, Dr. Marie Saint-Hilaire and Dr. Alice Cronin-Golomb from Boston University will present a webinar about addressing mental health and Parkinson disease. This webinar can be viewed online from anywhere you have internet access. To register, please visit <https://bit.ly/2Lgfayl>.
- **WEBINAR-MANAGING YOUR SYMPTOMS:** On Tuesday, January 29 at 12:00 pm, Dr. David Standaert will present a free webinar about managing your Parkinson's symptoms. Dr. Standaert is the Chair of Neurology at The University of Alabama Birmingham School of Medicine and the Chair of the APDA Scientific Advisory Board. We will be hosting a free live viewing of this webinar at our Community Resource Center (1415 Elbridge Payne Rd, Ste 150, Chesterfield, MO). If you are interested in viewing the webinar at our center, please call us at [636.778.3377](tel:636.778.3377) to reserve your seat.
- **MENTAL HEALTH AND PD:** Dr. Rebecca Gilbert, APDA's Chief Scientific Officer, has a recent blog post about mental health and she interviews people with PD who share their insights about their mental health concerns. Dr. Gilbert's blog, A Closer Look, covers timely and timeless topics related to Parkinson's. Readers are also encouraged to suggest topics that they would like Dr. Gilbert to write about. To read more and to subscribe to Dr. Gilbert's blog, please visit <https://bit.ly/2SPWE2t>.
- **YOUNG ONSET MENTOR PROGRAM:** Are you under the age of 50 and recently diagnosed (within 2 years) with Parkinson's? If so, you may be eligible to participate in a new mentorship program where people who have newly diagnosed young-onset PD are paired with someone who has personal experience living with young-onset Parkinson's. The trained mentor will be available for a year to provide resources and support. For additional information or to sign up, contact Amanda Landsbaum, OT, Wellness Program Coordinator at [636.778.3377](tel:636.778.3377) or [ALandsbaum@apdaparkinson.org](mailto:ALandsbaum@apdaparkinson.org).
- **ONLINE EXERCISE CLASSES:** Did you know you can exercise with us from home? We film and livestream five exercise classes a week from our Community Resource Center in Chesterfield (1415 Elbridge Payne Rd, Ste. 150). If you would like to watch them live, visit our website at <https://bit.ly/2QvLkeg> or watch any of our over 280 archived exercise videos on our YouTube channel at [www.youtube.com/apdagreaterstlouischapter](http://www.youtube.com/apdagreaterstlouischapter).
- **TREMBLE CLEFS CONCERT:** Tremble Clefs of Greater St. Louis will be performing a choral concert at Garden View Care Center of Chesterfield (1025 Chesterfield Pointe Pkwy) on December 16. Tremble Clefs is a therapeutic singing group for individuals living with Parkinson disease and their care partners. Please join us for this fun community event!

**Strength in optimism. Hope in progress.**