

November 11-17, 2018

- **HOW NOT TO DIE BOOKS AVAILABLE:** Did you miss Dr. Greger's presentation on October 4? Did you see his presentation and want to learn more? Good news – we still have some copies of his New York Times Best Seller *How Not to Die* available from our community resource center (1415 Elbridge Payne Rd, Ste 150 in Chesterfield). Contact us at 636.778.3377 or apdastlouis@apdaparkinson.org for more information.
- **WEARABLE TECHNOLOGY AND PARKINSON'S:** Dr. Rebecca Gilbert, APDA's Chief Scientific Officer, has a recent blog post about wearable technology and how it could be used to help research and even treat Parkinson's. 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 <http://bit.ly/2RL0MjB>.
- **EXERCISE INSTRUCTOR TRAINING:** Do you know a personal trainer, physical therapist, or other individual interested in helping people with Parkinson's to exercise? Tricia Creel, PT, Wellness Program Coordinator, will hold a training course for exercise instructors on Friday, Nov. 30 (2:00 pm-6:30 pm) and Saturday, Dec. 1 (8:00 am-6:00 pm) at the APDA's Community Resource Center (1415 Elbridge Payn Rd, Ste 150, Chesterfield, MO 63017). Registration is required and the cost is \$225. For more information and to register, please contact Tricia at tcreel@apdaparkinson.org or 636.778.3377.
- **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 or ALandsbaum@apdaparkinson.org.
- **HOLIDAY CLOSURE:** Our Parkinson Resource Center in Chesterfield (1415 Elbridge Payne Rd) will be closed on November 21-23 (Wednesday-Friday) for Thanksgiving. We will reopen on Monday, November 26. 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.