

Stage Five

This is the most advanced and debilitating stage of Parkinson's disease. Stiffness in the legs may make it impossible to stand or walk. The person requires a wheelchair or is bedridden. Around-the-clock nursing care is required for all activities. The person may experience hallucinations and delusions. While stage five focuses on motor symptoms, the Parkinson's community acknowledges that there are many important non-motor symptoms as well.

People with Parkinson's who seek expert care have better outcomes. They are at a lower risk of complications, have a better quality of life and even live longer. In fact, each year in the U.S. alone, neurologist care saves about 4,600 lives, and better access to this care could prevent the deaths of another 7,000 people with Parkinson's.

So whether you're newly diagnosed or have been living with Parkinson's for a while, getting the right care at the right time will be of great value to you and your family!

Scientists are working to better understand the broad range of environmental exposures linked to Parkinson's disease. While the exact cause of Parkinson's disease is unknown, most experts agree that the condition is caused by a combination of genetic and environmental factors (chemicals from occupational exposure or rural living, head trauma, etc.). Some experts explain it this way: genes load the gun and environment pulls the trigger.

We know that exposure to certain environmental factors increases an individual's risk of developing Parkinson's disease, but exposure to any one of these factors doesn't mean a person will actually develop the disease. In most people with Parkinson's, it's a collection of factors acting synergistically that ultimately leads to symptoms and a diagnosis.

***** Continued On Advertiser Insert *****

***** Everyone/Members - Please Bring/Pay 2017 Dues *****
 * Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! *

Dr. Brian J. Ludwig | OrthoGeorgia
 Wednesday - May 24, 2017 | 10:00 a.m. - Noon



P.O. Box 7481
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Choice

The Newsletter Of AARP Chapter 1952
 (Houston County, Georgia)
 — Established November 7, 1974 —
 www.AARPChapter1952.org

May 2017
 Volume 21 - 5
 Monthly



Meeting Dates/Time: **Wednesday, May 24th** (10:00 a.m.) and **** Wednesday, June 28th** (10:00 a.m.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Greg Davis	318-0471	Susan Sanders (Chairperson)	283-1887
Vice President	Frank Gadbois	953-7788	Sue Braun	302-5095
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"Choice" Editor	Greg Davis	318-0471		
<u>Birthdays For May</u>				
Carmen Pettis	10 th Carl Willingham	22 nd Jeanine Frey	27 th Doris Killebrew	30 th
<u>Birthdays For June</u>				
David Milby	17 th Anita McGhee	20 th Ruth Davis	26 th *** Nonagenarian ***	

WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. Ralph Waldo Emerson (1803-1882). "Blessed are those who mourn, For they shall be comforted." Matthew 5:4 NKJV

Sick/Shut-Ins: Ivis Bedrick, Ruth Davis, Trudy Deep, Jeanine Frey and Mary Lappano.

We wish health/wellness to all past/current members, family members and friends. **ggd** 😊

SPRING-O-O-O 2017: Last month we did NOT meet ... instead, we "met" at SPRING-O-O-O 2017 at Antebellum Grove! Everyone had an enjoyable time playing Bingo, several prizes awarded along with enjoying a delicious lunch provided by **The B-B-Q Doctor!** Thank you Christa Stone, The B-B-Q Doctor and the entire staff of Antebellum Grove for **[ANOTHER]** fun/successful event! **ggd** 😊



Miss Sara & Mr. Bell!



Wednesday - June 28, 2017 ... Summer Picnic + Membership Drive! Bring/Invite A Friend! **ggd 😊**

Members: Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year!
Advertisers/Sponsors: Your support of our newsletter is an exceptional value at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 **PER MONTH - PRORATED** and helps tremendously to offset printing/production/marketing expenses. *** Special Rates/Web Banner Spots Available As Well ***

Thank You Advertisers For Your Advertisement Renewals!

Thank You ... Thank You ... Thank You!



Welcome NEW Member: **Angela Harris!**

ALL: As Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!

"Relevance!"

AARP Chapter 1952 ... We ARE "Forever Young!"

NOTE: With the exception of **November, December** and "**special events**," our (monthly) meetings are held on the **fourth (4th) Wednesday**. As such, the newsletter is (usually) printed/mailed the third (3rd) Tuesday or Wednesday. We're **ALWAYS "early"** for the following month's special days/celebrations and SOMETIMES we're "early" for the current month's special days/celebrations as well. **2017 Meetings/Events:**

- 1/25/17 - Rebuilding Together Warner Robins ... [CHECK]
- 2/22/17 - The Otis Redding Foundation ... [CHECK]
- 3/22/17 - Wesleyan College/Confucius Institute ... [CHECK]
- 4/26/17 - **SPRING-O-O-O At Antebellum Grove** [CHECK]
- 5/24/17 - Ortho Georgia (Change)
- 6/28/17 - **Summer Picnic/Membership Drive** | Easter Seals of Middle Georgia
- 7/26/17 - Habitat For Humanity (Houston County)
- 8/23/17 - BBB Central Georgia
- 9/20/17 (Third Wednesday) | Walgreens
- 10/25/17 - Cherished Children (Warner Robins)
- 11/20/17 (Third Monday) | Business Meeting/Phoenix Center
- 12/18/17 (Third Monday) | Christmas Meeting/TBA



Parkinson's Disease (PD) is a neurodegenerative brain disorder that progresses slowly in most people. Most people's symptoms take years to develop, and they live for years with the disease.

In short, a person's brain slowly stops producing a neurotransmitter called dopamine. With less and less dopamine, a person has less and less ability to regulate their movements, body and emotions.

Parkinson's disease itself is not fatal. However, complications from the disease are serious; the Centers for Disease Control and Prevention (CDC) rated **complications from PD as the 14th top cause of death in the United States.**

There Is Currently No Cure For Parkinson's.

Normally, there are brain cells (neurons) in the human brain that produce dopamine. These neurons concentrate in a particular area of the brain, called the substantia nigra. Dopamine is a chemical that relays messages between the substantia nigra and other parts of the brain to control movements of the human body. Dopamine helps humans to have smooth, coordinated muscle movements. When approximately 60 to 80% of the dopamine-producing cells are damaged, and do not produce enough

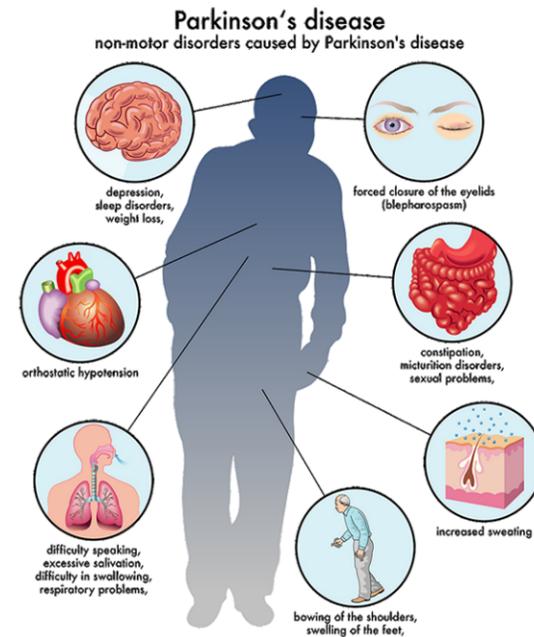
dopamine, the motor symptoms of Parkinson's disease appear. This process of impairment of brain cells is called neurodegeneration.

The current theory (so-called **Braak's hypothesis**) is that the earliest signs of Parkinson's are found in the enteric nervous system, the medulla and in particular, the olfactory bulb, which controls your sense of smell. Under this theory, Parkinson's only progresses to the substantia nigra and cortex over the years. This theory is increasingly borne out by evidence that non-motor symptoms, such as a loss of sense of smell, hyposmia, sleep disorders and constipation may precede the motor features of the disease by several years. For this reason, researchers are increasingly focused on these "non-motor" symptoms to both detect PD as early as possible and to look for ways to stop its progression.

Parkinson's disease impacts people in many different ways. Not everyone will experience all of the symptoms of Parkinson's, and if they do, they won't necessarily experience them in quite the same order, or at the same level of intensity. Even so, there are typical patterns of progression in Parkinson's disease that are defined in stages.

You might hear your doctor refer to your Hoehn and Yahr stage. This scale, first introduced in 1967, is a simple rating tool used by clinicians as a means to generally describe how motor symptoms progress in Parkinson's. Another more comprehensive tool is the Unified Parkinson's Disease Rating Scale (UPDRS). It takes into account factors other than motor symptoms, including mental functioning, mood and social interaction.

While symptoms are unique to each person, and the progression of symptoms varies from person to person, knowing the typical stages of Parkinson's can help you cope with changes as they occur. In some people, it could take 20 years to go through these stages. In others, the disease progresses more quickly.



Stages Of Parkinson's Disease

Stage One

During this initial stage, the person has mild symptoms that generally do not interfere with daily activities. Tremor and other movement symptoms occur on one side of the body only. Friends and family may notice changes in posture, walking and facial expressions.

Stage Two

In stage two of Parkinson's, the symptoms start getting worse. Tremor, rigidity and other movement symptoms affect both sides of the body. Walking problems and poor posture may become apparent. In this stage, the person is still able to live alone, but completing day-to-day tasks becomes more difficult and may take longer.

Stage Three

Stage three is considered mid-stage in the progression of the disease.

Loss of balance and slowness of movements are hallmarks of this phase. Falls are more common. Though the person is still fully independent, symptoms significantly impair activities of daily living such as dressing and eating.

Stage Four

During this stage of Parkinson's, symptoms are severe and very limiting. It's possible to stand without assistance, but movement may require a walker. The person needs help with activities of daily living and is unable to live alone.

"Think joining AARP makes you old? **Get over it."**



AARP National + AARP Chapter 1952

Check out our website - www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd ☺