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**Subject:** APRIL is PD AWARENESS Month! April 1st at 1pm is our support group presentation on Driving with PD, Paint a Pot, webinars, in-person fair and more!  
**Date:** Friday, March 29, 2024 4:15:35 PM  
**Attachments:** [image007.png](#)  
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[image010.png](#)  
[PADRECC SG 2024 w QR.pdf](#)  
[EOPD SG flyer with QR.pdf](#)  
[Caregivers flyer with QR.pdf](#)  
[MH webinar flyer w QR.pdf](#)

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Hello friends!

# APRIL IS Parkinson's Awareness Month!



(Lots going on this month!)

This is your reminder that the next PADRECC Philly/Richmond support group will be Monday, April 1st at 1pm EST. This month's topic in our speaker series will be Driving and PD and we will be joined by Richmond VAMC Kinesiotherapists Davin Smith and Stephanie Von Bodungen!! Join us to learn more! See the link for this meeting at the very bottom of this page highlighted in green.



Next week if you are free, come join me as our little Cards & Crafts group continues. We will be painting our own flower pots and planting something in them on Wednesday April 3<sup>rd</sup> at 2pm. Meet me out on the patio of the CLC and we can get some fresh air, paint our pots, plant a plant and play some cards/games. Please let me know if you can make it so I can plan accordingly!



Lots of upcoming webinars and events- scroll on down to see them!

Upcoming PADRECC/VA events:

- April 2<sup>th</sup> PADRECC Webinar: PD 101

# WEBINAR: PARKINSON'S DISEASE 101

Please join us to explore Parkinson's disease symptoms, treatment options and expert care available at the VA Parkinson's Disease Research, Education & Clinical Centers (PADRECCs).



**TUESDAY**  
*April 2nd, 2024*



**10am - 12pm PST**  
**1pm - 3pm EST**

Use this QR code  
to attend:



**Dr. Phuong Hoang**  
*Movement Disorder Fellow*  
SF PADRECC / UCSF



**Dr. Jessica Ng**  
*Movement Disorder Fellow*  
SF PADRECC / UCSF

**or to receive the webinar  
link via email, email:**  
**VHAPHI PADRECC TEAM**

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Parkinson's Disease Research,  
Education & Clinical Centers

- April 10<sup>th</sup> PADRECC webinar on Mental Health issues in PD, followed by an in-person Mental Health resource fair in the Multi-Purpose Room at 10am-noon on April 12th!



VA PADRECC Webinar

# Mental Health Issues in Parkinson's Disease

April 10th, 2024 1pm EST/ 10am PST



Megan Gomez, Ph. D.  
Tibor Rubin VAMC  
Long Beach, CA



Coralynn Hullfish, LCSW  
Crescent VAMC, Philadelphia PA  
Caregiver Support Program

Join us for this two-hour webinar that explores the mental health issues that people with Parkinson's disease can face. Learn more about anxiety, depression and apathy, as well as other complex issues like impulse control disorders, grief, loss of identity and caregiver burden. This webinar will be concluded with local PADRECC resources for Veterans.

Scan this QR code to attend the meeting!



VA  U.S. Department of Veterans Affairs  
Veterans Health Administration  
Parkinson's Disease Research  
Education & Clinical Centers

- April 12<sup>th</sup> PADRECC in-person Expo on Mental Health!!  
Plan on coming in for this in-person fair for PD month.  
We will have demos, hands-on projects, drinks/snacks, and so many resources for you!

**Richmond VAMC PADRECC's**

# **Movement Disorders Expo: Mental Health**

**April 12th, 2024 10am-12pm**

Multipurpose Room

1201 Broad Rock Blvd, Richmond, VA 23249



Join us for this in-person resource expo that will highlight some of the amazing mental health resources available at the Richmond VAMC!

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Parkinson's Disease Research,  
Education & Clinical Centers

- **April 17<sup>th</sup>** Advance Directive Fair- 9am-3pm inside the South Mall Entrance, Richmond VAMC. Visit with an on-site Social Worker and document want matters!



# Advance Directive Fair

April 17, 2024 9am-3pm

## Advance Care Planning for Health Care

Visit With a VA Social Worker About What Matters to You



### Get Ready

...

WHO might be a good  
choice to be your  
decision maker?



### Get Set

...

WILL the person make  
decisions that are in  
line with your wishes?



### Go

...

WHAT is the most  
important thing you want  
your decision maker to  
know about your wishes?



Inside the South Mall  
Richmond VA Medical Center  
1201 Broad Rock Blvd



Consider writing your health care decisions in an advance directive

### Upcoming local events:

- APDA is hosting a newly diagnosed (within last 5 years) virtual education program for PwPD called PRESS. The first session starts April 9<sup>th</sup> on Zoom. [PRESS Program Virginia](#) | [American Parkinson Disease Association \(apdaparkinson.org\)](https://www.apdaparkinson.org)

**APDA Virtual Parkinson's Roadmap for  
Education and Support Services (PRESS™)**



**Mondays April 9th - May 28th  
5:30 p.m. - 6:30 p.m. on zoom**

This program is **free** and open to those who have been **diagnosed within the last five years** and their care partners or family members. Space is limited, **register today!**

Session1: What's Next After Diagnosis  
Session 2: Medication Management of Parkinson's  
Session 3: Importance of Exercise  
Session 4: Dealing with Physical Symptoms of PD  
Session 5: Impact of Parkinson's on Daily Coping and Relationships  
Session 6: Tips for Daily Living  
Session 7: Caring for Others, Caring for Yourself  
Session 8: Building your Healthcare team

**To register, or for questions, please contact Programs Director,  
Naomi McLeod at [nmcleod@apdaparkinson.org](mailto:nmcleod@apdaparkinson.org) or 757-408-8921**

- The Goochland YMCA is now offering PD Exercise classes! Remember the John Rolfe YMCA and Swift Creek YMCA also have these classes available as well.





GOOCHLAND FAMILY YMCA

## EXERCISE FOR PARKINSON'S

**PARKINSON'S MOVEMENT** engages in activities to increase strength, flexibility, endurance, balance and coordination. Enroll in monthly sessions.

All programs are taught by instructors with specific training on working with people who have Parkinson's.


**SESSION FEE\*:** Member: \$80  
Non-Member: \$100

**PARKINSON'S MOVEMENT**  
**DAYS:** Monday  
**TIME:** 11 a.m.

**DAYS:** Thursday  
**TIME:** 10 a.m.

For more information, contact  
[gowellness@ymcarichmond.org](mailto:gowellness@ymcarichmond.org)

\*Thanks to the generosity of our donors, the YMCA is able to offer this program at an affordable rate. Financial assistance is available.



- Richmond area folks- Power over Parkinson's has lots of great (and FREE) events. Check them out!

- Exercise: <https://www.poweroverpd.org/exercises>
- Events: <https://www.poweroverpd.org/event>



- I'm sure I'm forgetting something- If you know of anything going on PD-wise in the Virginia area, please send it my way!

### Upcoming PADRECC groups:

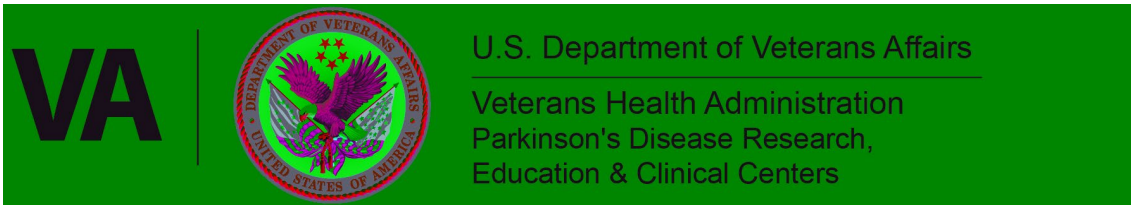
- The next PADRECC Philly/Richmond support group will be Monday, April 1st at 1pm EST. (Topic: Driving with PD)
- The next PADRECC Early Onset support group will be Wednesday, April 10th at 5:30pm EST. Early onset PD and caregivers/partners are welcome to attend. See link below!
- The next PADRECC caregiver support group will be Monday, April 15th, at 10:00am EST. See link below!

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Take care!

Jess

Central Virginia VA Health Care System  
1201 Broad Rock Blvd  
Richmond, VA 23249



Please note this email is to be used only for one-way communication from your provider to you and is not a way to contact your provider. This email address should not be used for any other purpose, as it is NOT routinely monitored, and as a result, you may not receive a response.

If you would like to reach your provider, you can register with MyHealthEVet to communicate securely online with your VA health care team and other VA staff about non-emergency information or questions. Please go to <https://www.myhealth.va.gov/mhv-portal-web/home>

PADRECC Support group links:		
Philly/Richmond PADRECC SPEAKER SERIES	1 <sup>st</sup> Monday at 1pm	Microsoft Teams meeting Join on your computer, mobile app or room device <a href="#">Click here to join the meeting</a> Meeting ID: 227 305 847 316 Passcode: TXmDJU <a href="#">Download Teams</a>   <a href="#">Join on the web</a> <b>Or call in (audio only)</b> <a href="#">+1 872-701-0185, 666 709920#</a> United States, Chicago Phone Conference ID: 666 709 920# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a>
Caregivers Support Group *we kindly ask for caregivers only	3 <sup>rd</sup> Monday at 10am	Microsoft Teams meeting Join on your computer, mobile app or room device <a href="#">Click here to join the meeting</a> Meeting ID: 287 393 077 706 Passcode: vVzrQw <a href="#">Download Teams</a>   <a href="#">Join on the web</a> <b>Or call in (audio only)</b> <a href="#">+1 872-701-0185, 922677290#</a> United States, Chicago Phone Conference ID: 922 677 290# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a>
Early Onset	2 <sup>nd</sup>	Microsoft Teams meeting Join on your computer, mobile

Support Group	Wednesday at 5:30pm	<p>app or room device <a href="#">Click here to join the meeting</a> Meeting ID: 262 994 924 992 Passcode: qjaBt4 <a href="#">Download Teams</a>   <a href="#">Join on the web</a></p> <p><b>Or call in (audio only)</b> <a href="#">+1 872-701-0185,,529468356#</a> United States, Chicago Phone Conference ID: 529 468 356# <a href="#">Find a local number</a>   <a href="#">Reset PIN</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
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