

# April Newsletter

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## April is Parkinsons Awareness Month

Maxwells has a cherry limeade milk shake with proceeds to our group.

May 2<sup>nd</sup> is our virtual care givers meeting. See Gary Madonna for more info and link for the meeting.

## Welcome to Dr. Laxman Bahroo

Dr. Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital.



**Note: Meeting to start with lunch at 12:30, Dr Bahroo will speak at 1:15**

As a board certified neurologist and member of the Movement Disorders program, his primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.

He also specializes in therapeutic botulinum toxin injections for dystonia spasticity and excessive drooling



### Upcoming Meetings

April 17 – Rytary, Dr Bahroo  
May 15 – Dr Laura Brosbe  
June 19 Annual Picnic

FIFPDSG.org

Check out our website:

FIFPDSG.ORG

It has a wealth of information.

Our webmaster is Steve Silvious. Thank you for ensuring we have info at our fingertips

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## From our Website:

### The Perky Parkie - I Dare You Not To Laugh

Allison Smith is The Perky Parkie. Her blog is inspirational and filled with practical (and impractical) tips about living with Parkinson's Disease. And, her blog is just plain funny. It's funny, even if you have not been living with a neurodegenerative disease, but even funnier for certified diagnosed Parkies.

[--CLICK HERE--](#) to visit The Perky Parkie

[--CLICK HERE--](#) to find out about Allison's Book, *I Am Not Contagious* (or you can borrow the copy we have in our library)

### Parkinson's Humor

Welcome to the world of YumaBev the Happy Parkie. Can't think of anything funny about Parkinson's?

YumaBev on Twitter - <https://twitter.com/YumaBev>

YumaBev on Facebook - <https://www.facebook.com/parkinsonshumor/>

YumaBev on Blogspot - <https://parkinsonshumor.blogspot.com/>

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## Did you know:

1. The Food committee will be serving [sandwiches and salad](#) for our April meeting lunch. If you'd like to bring a side or dessert to share, the food committee thanks you. Beth will be bringing some cupcakes..
2. [https://www.nytimes.com/2024/04/03/health/parkinsons-ozempic-glp1.html?unlocked\\_article\\_code=1.i00.S\\_nM.kHLA7zVj0yjl&smid=nyt-core-ios-share&referringSource=articleShare&ugrp=m](https://www.nytimes.com/2024/04/03/health/parkinsons-ozempic-glp1.html?unlocked_article_code=1.i00.S_nM.kHLA7zVj0yjl&smid=nyt-core-ios-share&referringSource=articleShare&ugrp=m)

Check this article on Ozempic and Parkinsons Disease from the NY Times



## The Library

We have some new additions to our Library. Make sure you check out new titles each week.

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