

Welcome to THE DEEP BRAIN THINKER

Official Newsletter of Deep Brain Thoughts

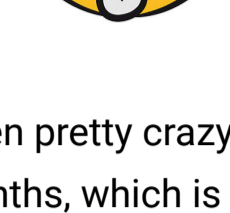


Welcome to the FIRST edition of **The Deep Brain Thinker** Official Newsletter! It's my plan to do a newsletter once in a while - maybe every quarter or so. I'm planning to include such items as: *Announcements; Web Site News and Changes; Parkinson's News; Upcoming Events*; and other info the savvy Deep Brain Thoughts reader might find useful!

Announcements

- [Sponsor me in the 2021 Michigan Parkinson Foundation Walk!](#)
- [Reviews and Events pages are now live!](#)
- [Updates to the website](#)

Author's News



Things have been pretty crazy with my life in the last few months, which is why I've been somewhat slow in updating the blog and adding new posts. What with new DBS surgeries; doctor visits; moving from our home into a condo; among other things, it's a wonder I even published a couple of posts and got this newsletter going! Hopefully things have begun to calm down a bit and I can finish a number of updates to the site and add back in some of my previous posts from the old blog site. I'm almost finished with a brand new post, and I've started - key word 'started' - writing at least two other new posts, so I hope to get at least one or two of those out sometime soon! But thanks, everyone, for bearing with me during this wild ride! 😊🙏

Parkinson's News

Here are a few of the interesting Parkinson's articles I've found that I've put on the PD NEWS section of the website:

- [Phase 2 Trial Planned for FHL-301 in Treating Early Stage Parkinson's](#), July 22, 2021 (*Parkinson's News Today*)
- [Discovery raises possibility of new medication for Alzheimer's, Parkinson's](#), August 12, 2021 (*Science Daily*)
- [New Algorithm Groups Parkinson's Symptoms to Predict Progression](#), August 5, 2021 (*Parkinson's News Today*)
- [Low-frequency DBS May Help Parkinson's Patients With Walking](#), August 12, 2021 (*Parkinson's News Today*)
- [Extended-release IPX-203 Reduces 'Off' Time in Advanced Parkinson's](#), August 30, 2021 (*Parkinson's News Today*)
- [Transcranial Stimulation With Exercise May Boost Benefits for Patients](#), August 31, 2021 (*Parkinson's News Today*)

Website News

I've made a number of additions and changes to the website (*version 1.3.1*) in the last couple of months, as follows:

- The **REVIEWS** page and menu item is completed and live! It currently has three reviews of mine: A PD book, a new medication, and a cool home product! Check them out!
- A new **EVENTS** page and menu item is complete and live! This page will list various events (*usually Parkinson's related; but possibly others as well*) that I am either involved in, be of interest to me or possibly of interest to you, the reader... Check it out today!
- Modified the **Home (front)** page of the website, using a separate page rather than the standard WordPress theme-based page. This allows the inclusion of items that can't be done easily with the base page, such as: Adding titles and text; using different widgets (*such as the now included enhanced Favorite Posts carousel*), etc. I've also added a *reCAPTCHA* to the Subscribe area to help get rid of those pesky spammers!
- There is now a new menu item called **'Posts'** which is a page containing all of my posts; i.e. a history or archive. If you need something to read, or are searching for one of my older posts, go there.
- Made a few changes to the **menus**, like adding an icon to each menu item.
- A completely revamped **FAQ** section, now with new *Parkinson FAQs*.
- Life can be rough for us Parkies, so I added a **"Thought for the Day"** to the main page for inspiration!
- More to come!

I'm still 'tweaking' the performance of the website. It should be much faster than it was before, but it can still get 'cranky' at times. Bear with it and me as I continue tweaking in the coming weeks/months.

Other News

T-Shirts

Yes, I am still looking at making some cool *Deep Brain Thoughts* T-Shirts and having them available for purchase! I first intend to sell them **AT COST** (*in other words, what it takes for me to make and send one out - no real profit*); but if it kicks off and everyone wants one, that may change.

I've made a couple of designs already - it's taken me awhile because my artistic abilities are, shall we say, absolutely terrible! (*my only 'F' ever in school was in art!*) But I think what I've come up with is catchy and pretty darn cool! To wet your appetite, below is an 'example' of one of my preliminary designs, that can be placed on the front or back of the T-Shirt.

This is by NO MEANS final but just one possibility. Once I finalize the designs, I'll run a few 'TEST' T-Shirts through my 'system'; if I'm satisfied with the results, I'll then make them available via the website and let everyone know the cost and how to order. So keep your eyes open for those hot new T-shirts!! 😊



Upcoming Events

Here are a few interesting events I've found; to see all events, go to the website and click on the **EVENTS** menu at the top of the page.

Event Michigan Parkinson Foundation "I Gave My Sole for Parkinson's" 2021 Grand Rapids Parkinson Walk

- **Date:** September 25, 2021
- **Place:** [Grand Valley State University – Eberhard Conference Center, 301 West Fulton, Grand Rapids, MI 49504](#)
- **Times:**
 - Registration opens at 9:00am
 - Exercise Demonstrations at 9:10am
 - Opening Ceremony at 10:15am
 - Walk Begins at 10:30am
- **Website:** [Michigan Parkinson Foundation](#)
- **Description:** The "I Gave My Sole for Parkinson's" is Michigan Parkinson Foundation's signature fundraising event, and I will be walking there at the event! Please sponsor me with a donation, and if possible, join my team, Tom's Warp Speed Walkers, and walk with me at the event. To donate, go to my [Personal Walk Page](#), and my [Team Page](#) to join my team!

Webinar Too Much or Not Enough: Dyskinesia and "Off" Time in Parkinson's

- **Event Type:** Webinar
- **Date:** September 16, 2021
- **Time:** 12 noon EDT
- **Duration:** 1 hour
- **Sponsor:** [The Michel J. Fox Foundation](#)
- **To Register:** [Click Here](#)
- **Description:** Our expert panelists will discuss common Parkinson's issues – "off" time and dyskinesia – and how to treat them. "Off" time is when symptoms return between medication doses. Dyskinesia is uncontrolled, involuntary movement. We'll cover tips for managing these problems and the latest research. Bring your questions for our experts!

Webinar Why I Switched My DBS Battery to Boston Scientific

- **Event Type:** Webinar
- **Date:** September 29, 2021
- **Time:** 2 PM EDT
- **Duration:** 1 hour
- **Sponsor:** [Boston Scientific](#)
- **To Register:** [Click Here](#)
- **Description:** Join us to hear about making the switch from a Movement Disorder Neurologist and hear from a Patient Ambassador who has made the switch.

My Recent Posts

[A Bicycle Built For a Parkie \(Me!\)](#)

For me, last year – 2020 – was a terrible year! Not just because of COVID-19 and all the rigmarole associated with it, but also because of this blasted cramping left foot/toes of mine. I've ridden a bike every year since I was 5 years old; but for the first time, I NEVER rode my bike at all during 2020...



Author: tom
Categories: bicycle, Favorites, Parkinson's

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['My Life, Updated' for Parkinson's Awareness Month 2021](#)



Wow, this is my first blog post after 'coming back' to the blog. And I'm writing it for this year's Parkinson's Awareness Month! Feels good to finally get back into blogging and thinking those 'Deep Brain Thoughts'... I've missed it; but at the same time my life has been a roller coaster going 500 MPH - I guess I'm not ...

Author: tom
Categories: DBS, Dystonia, Favorites, Parkinson's

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[I'm BAAAACK!!](#)

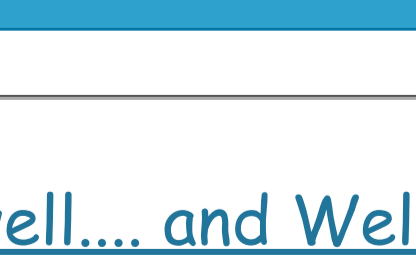
Most of you probably remember, and have watched, a movie called 'The Terminator'. It starred Arnold "Arnie" Schwarzenegger as a robot from the future, clothed in a real flesh and blood body. In case you never saw it, I won't ruin it for you ...



Author: tom
Categories: Blog, Parkinson's

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[Farewell.... and Welcome!](#)

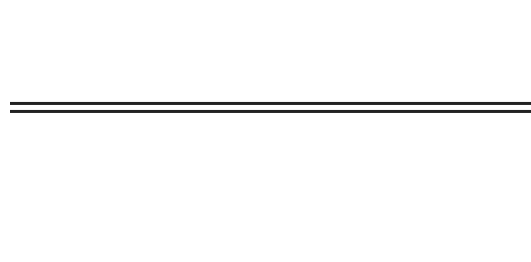


Hello to all my readers out there. I will explain about the title in a minute... I realize that I have been very negligent about my blog this year – in fact, by my count I have only published one entry all year! I do sincerely apologize – and there is a reason for that... You see, late last year I ...

Author: tom
Categories: Blog, Parkinson's

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That's all for now!



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