



## **Please Join Us to Hear About Aging Gracefully!**

Please join us Monday to hear from Melissa Bailey! Melissa practices at our local [Center for Success in Aging](#) and will be sharing with us about aging gracefully.

When: November 4, 2019  
1 pm – 2 pm

Where: The Poinsett Club, Ballroom  
807 East Washington Street  
Greenville, SC 29601

*Civitan: Champions of Service!  
Attire is business casual.*



## **President's Letter**

Fellow Civitans,

The members of the Greenville Civitan Club are true "Champions of Service." As an organization, we know that we cannot help everyone, but we do our best to help as many as we can. We continuously look forward to the challenges and opportunities ahead, with the same sense of purposeful service to others, that is our hallmark.

As we move forward into our 2019-2020 Civitan year, the program committee is focusing on providing speakers/activities packed with information that excites, inspires, and promotes growth in service, knowledge, and citizenship. Our challenge, as articulated by our District Governor, Misty Konow, is new club-building, along with existing club growth, and member retention.

We are up to the challenge. We are Greenville Civitans!

LaBarbara



## Civitan Thought for Today

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

*Hebrews 12:1-2 (NKJV)*

### We Are Civitan

Connie Burgess  
2019-2020 Chaplain



## Congratulations!

Gale Garner was presented with the 2018-2019 Civitan Medal of Honor for always doing what was asked of her, with a smile! Congratulations Gale!

## Save the Date!



## All Hands on Deck!

**Salvation Army Bell Ringing:** Each Saturday between November 9th and December 21st, our club will be Ringing the Bells at Old Time Pottery on Laurens Road, between 10am and 8pm. We ring in pairs and in two-hour time slots. Please sign up now for 2-3 (2-hr) time slots online at: <https://www.signupgenius.com/go/8050e4eaca62da3ff2-salvation>  
Alternately, you may sign up with Anne Lavelly at our next meeting! The slots we still need to fill are:

November 9 <sup>th</sup> , 12pm-2pm November 16 <sup>th</sup> , 2pm-4pm 4pm-6pm	November 23 <sup>rd</sup> , 4pm-6pm 6pm-8pm November 30 <sup>th</sup> , 12pm-2pm 4pm-6pm 6pm-8pm	December 7 <sup>th</sup> , 4pm-6pm 6pm-8pm	<u>Most Slots Available</u> December 14 <sup>th</sup> December 21 <sup>st</sup>
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*Have you signed up to Ring the Bells yet?*

*Please see Anne Lavelly Monday to choose your slots!*



## **Are You Ready to Make Christmas Special?**

It's really easy! In fact, it's as simple as purchasing \$5 Belk Charity Day tickets from Dot Ray at our meetings. One hundred percent of your purchase price will be spent on our Christmas party for the Ridgeview Community Care Home! To make it better, you can get your money back by spending your \$5 ticket at Belk during their Charity Day sale!

This year we will be purchasing sweaters for each of the approximately forty-two folks at Ridgeview. Of course, we'll also have a full Christmas party with them! Donate now and make your plans to attend the festivities on December 12<sup>th</sup>!

*What could be easier? Thank you Belk, for your generosity!*



## **Purchasing Greeting Cards to Support Civitan**

Did you know that by purchasing your greeting cards and gift bags at our meetings, you can help our club to keep its fees down? All the little things we do as a club add up, but by participating in our fundraising efforts, you can help us to pay the bills and keep our Membership fees down. Besides, who doesn't want great greeting cards at a phenomenal price?

*Make plans to purchase from our new selection Monday!*

## Do You Participate in Our 50/50 Drawing?

Skip Smith won \$34!

*Will you be next?*

### Upcoming Vote

The 2019-2020 proposed Budget will go out with the minutes. Please take the time to look over it in preparation for Monday's vote.

### Parkinson's Research with Dr. Laura Volpicelli-Daley

by [Amy Roberts](#) | Sep 13, 2019 |



Parkinson's disease is a neurodegenerative disorder that affects nearly 1 million people in the United States and more than 6 million people worldwide. While Parkinson's disease is most widely known to be a motor disorder causing individuals to experience rigidity and difficult moving, there are many other symptoms including digestive issues, sleep problems, and mood changes. With a growing interest in Parkinson's disease, we spoke with Dr. Laura Volpicelli-Daley, Civitan researcher and assistant professor in the Department of Neurology at UAB.

Since bringing her lab to the Civitan International Research Center in 2012, Dr. Volpicelli-Daley has focused mainly on a protein called alpha-synuclein. Parkinson's disease patients have Lewy bodies, which are globs of synuclein, that form in their brains. Dr. Volpicelli-Daley believes that by preventing the formation of these Lewy bodies, we can prevent Parkinson's disease from developing in an individual.

While Dr. Volpicelli-Daley's connection to neurodegenerative disorders is a personal one that stems from her mother living with dementia, her interest in neurodegenerative disease took hold as a graduate student in the lab of Allan Levey, MD, PhD and Chairman of Neurology at Emory University. As a senior scientist at the University of Pennsylvania, Volpicelli-Daley discovered how to recapitulate synuclein aggregation in neurons in a dish. This led to her being able to study the aggregates more closely and identify drug treatments that could prevent their formation.



“Now I’m working on the intersection of Parkinson’s disease and some of the cognitive changes that occur in Parkinson’s disease,” explains Dr. Volpicelli-Daley. “While a cure or treatment has yet to be discovered for Parkinson’s, there are some symptomatic treatments currently on the market. Drugs like Sinemet help alleviate some of the motor symptoms, however it cannot stop the progression of the disease. After long term use, some patients may experience “off periods” where the drug is ineffective, and like any medication there are side effects, like abnormal movements. There’s no way to slow the progression of the disease. There’s no way to treat the cognitive changes and that is what makes you, you, and I think that is the scariest potential symptom.”

Lewy bodies in Parkinson’s disease were first described over 100 years ago. Up until twenty to thirty years ago, researchers believed that Parkinson’s disease was in no way related to an individual’s genetic makeup. Mutations in alpha-synuclein were discovered in 1997 that cause Parkinson’s disease. It was also discovered that alpha-synuclein was the main component of Lewy bodies. Genome wide association studies that look at small changes in DNA have led to the discovery that even small increases in alpha-synuclein can cause Parkinson’s disease. Treatment strategies are now being developed that target alpha-synuclein.

As with any disorder, early detection is key to better understanding the disease and its development to hopefully identify treatments to prevent the disease and slow its progression. The Michael J. Fox Foundation, a major supporter of Dr. Volpicelli-Daley’s lab, has taken a great interest in identifying early warning signs of Parkinson’s. Reduced hyposmia, constipation, and REM sleep behavioral disorder are some of the huge predictors of Parkinson’s disease. Dr. Volpicelli-Daley’s lab believes in the potential of stopping the progression of the disease by identifying Parkinson’s early on in a patient. This would prevent individuals with Parkinson’s from developing more severe motor symptoms or cognitive changes related to the disease.

The Volpicelli-Daley lab believes that the excellent basic science being conducted in the field of Parkinson’s disease by outstanding scientists across the world will lead to new clinical therapeutic developments to prevent the progression of PD, hopefully in the very near future.

*To learn more about Dr. Volpicelli-Daley and her research on Parkinson’s disease, visit [labs.uab.edu/volpicel/](http://labs.uab.edu/volpicel/).*



## Dates to Remember

- October 1:** Dues are Due!
- November 4:** Luncheon, Aging Gracefully with Melissa Bailey
- November 9:** Bell Ringing, Old Time Pottery
- November 16:** Bell Ringing, Old Time Pottery
- November 18:** Luncheon, Meals on Wheels with Muriel Taylor
- November 23:** Bell Ringing, Old Time Pottery
- November 30:** Bell Ringing, Old Time Pottery
- November 28:** Happy Thanksgiving!

*Please remember to bring prospective members to all meetings, except Business meetings!*



## **Dues are Due!**

Please remember to keep your account up to date! You can submit your \$90 Quarterly Dues at the next event or mail them anytime. Dues are due on the first of January, April, July, and October.

## **Thanks for all you do, from the 2019-2020 Greenville Civitan Board!**

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