

PARKINSON'S NETWORK NORTH NEWSLETTER

SEPTEMBER 2025

PNN Facebook Page ---- "ParkinsonsNetworkNorth-New"

PNN website: www.pnntc.org // e-mail: pnntcmi@gmail.com

NOTES FROM OUR SEPTEMBER 9TH MEETING:

*39 participants came together for today's PNN Support Group meeting!

Special Notice:

Beginning in October 2025, the MI Parkinson's Foundation will Facilitate the Parkinson's Network North monthly meetings. Look for more information from Torrey Davenport, tdavenport@parkinsonsmi.org !!!

Guest Presenter:

[Fred Goldenberg, Medicare Specialist at Michigan Planners](#) (231-944-1400 Ext. 1201) shared current tips about the 2026 Medicare changes.

Specific information about the 2026 plans will be released October 1st. Enrollment is open Oct 5- December 7th, 2025.

Several Medicare Advantage plans are being eliminated. If you're part of these plans, you are responsible to select another plan; none will be automatically assigned to you. READ every piece of mail that comes about your 2026 health plan!

Medicare agents are required to do a review of your health care plan needs "free of charge!" Contact Fred, or another Medicare insurance agent, to be sure you understand the changes and make decisions in a timely manner.

Coming Events:

Note from Ruth Ann...

The Cadillac Senior Expo is this Thursday, Sept 18th, at the Wexford Civic Center

Go to: <https://stayhappening.com/e/senior-expo-2025-E2ISXHSJMOG>

PD 101 – a free, in person orientation designed to help better understand Parkinson's Disease sponsored by MI Parkinson Foundation.

TC Fyzical Therapy & Balance Center, Nov 18, 6PM - Contact Torrey Davenport, tdavenport@parinsonsmi.org

Lewy Body Support Group- Peninsula Community Library, TC Meets 2nd Thursday of each month – contact: Mary Whittock, 231-350-8283

Reminders:

Ageless Grace with Lisa George- Mondays, 11AM at the TC Senior Center. PNN continues to sponsor this fun, free class through Oct 13!

Boxing for Parkinson's, Tuesdays, 3PM, Central YMCA. Sponsored by the Y and MI Parkinson Foundation. Free.

TADL Free Classes on Sept 19 - Chair Yoga, 11:30 Tai Chi, 1PM
(Woodmere branch library)

Research:

MJ Fox Foundation continues research into several new PD medications! Keep up on the latest!

Go to:

<https://www.michaeljfox.org/news/fda-reviewing-four-new-parkinsons-medications-2024>

*******Contact your US representatives/ Senators to continue funding for BRAIN RESEARCH!**

The NIH (National Institute of Health) must continue its work to better the life of those with Parkinson's and other neurological diseases.

“Persevere” – a care partner study for those with cognitive impairment. No travel required.

Persevere@rush.edu Contact: Dr. Lori Fleisher 312-563-3300

Read this current information about “paraquat,” the active ingredient in Round up and other weed killers.

<https://www.thenewlede.org/paraquat-papers-media-library/>