



# PARKINSON News

PUBLISHED BY THE PARKINSON ASSOCIATION OF GREATER DAYTONA BEACH (PAGDB)

## LIVING YOUR BEST LIFE WITH PARKINSON'S – AT HOME

Tuesday, April 18, 2023 • 2:00–3:30pm

Woodmark Pacifica Senior Living (formerly Bishops Glen) • 900 LPGA Blvd. Daytona Beach

For our April program the PAGDB is delighted to host Hella Reintjes, PT, Regional Director for Premier Physical Therapy. Hella along with her associate Stephanie Carroll, DPT will present an interactive program designed to teach practical tactics and techniques that caregivers and people with Parkinson's (PWP) can employ in their everyday caregiving experiences – in a home environment. The goal of this program is to enhance quality of life by implementing exercise, movement, and balance strategies designed to improve strength and balance, while enhancing safety of both the care provider and the PWP.



Hella Reintjes, PT

Program subject matter will include:

- Making good posture a habit
- Strengthening and flexibility exercises for you and your partner
- Easy daily exercises to improve your level of function
- How to improve your balance
- Exercises to improve your balance reactions and stimulate your vestibular system
- Education and demonstration of hands-on transfer techniques
- Learn how to assist a pwp safely in bed mobility and transfers

This program will feature interactive practice techniques with audience participation; feedback will be provided from the Physical Therapist. Attendees will also receive handout materials as well.

**In recognition of Parkinson's Disease Awareness Month – Ice cream treats will be served to all attendees of this program!**

**This is an In-Person Only program. To secure your seats please register online at: [www.parkinsondaytona.org/in-person-meetings](http://www.parkinsondaytona.org/in-person-meetings), or click the red button below or call 386-871-3879 and leave a message with your name and how many will be attending.**

[Register for In-Person Meeting](#)

**“PEOPLE OFTEN SAY THAT MOTIVATION DOESN'T LAST. WELL, NEITHER DOES BATHING – THAT'S WHY WE RECOMMEND IT DAILY.”**

## IN THIS ISSUE

- 2 May Meeting & Puzzle Answers
- 3 Events Calendar
- 4–5 March Meeting Recap, Fun Walk Recap & Financials
- 6 Article
- 7 Puzzle
- 8–13 Fun Walk Photos
- 14–15 Brooks Rehab Flyers
- 16 Essential Tremors Flyer
- 17 Contact, BOD Information, Dance for PD Information & Online Exercise Class Information

## RECENT GIFTS & GRANTS

- ♥ Robert & Barbara Knight – Gift to PAGDB in Memory of Claude Begin
- ♥ Debbie D. & Vintage Now Music – Gift to PAGDB
- ♥ Michael & Isabel Forbes – Gift to PAGDB
- ♥ Diane Carter – Gift to PAGDB

**A huge debt of gratitude to all those that donate to our cause. Your gifts and grants go a long way in enabling us to carry on. Thank You!**

To make a gift in honor or memory of a friend or loved one, to provide a grant, or to simply donate to the PAGDB cause: By mail, please make checks payable to Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175. To donate online, please go to our website at [www.parkinsondaytona.org](http://www.parkinsondaytona.org) and click on the Donate link.

[DONATE](#)

NOTE: The information in this newsletter and the information provided by our speakers is not intended as medical advice. Please consult your physician before trying anything new or different.

## ASK THE MOVEMENT DISORDER SPECIALIST

**Tuesday, May 16, 2023 • 2:00–3:30pm**

Woodmark Pacifica Senior Living (formerly Bishops Glen) • 900 LPGA Blvd. Daytona Beach

The PAGDB is pleased and excited to welcome Neurologist & Movement Disorder Specialists (MDS) Dr. Richard B. Dewey, III., MD.



Dr. Richard B. Dewey III

Dr. Dewey was first drawn to the field of movement disorders during a research internship in 2011. He worked closely with his father (Dr. Dewey, Jr.) to develop a video training module that demonstrates the correct way to perform the neurologic exam. This video soon became a key part of the UT Southwestern Medical School neurology curriculum. He went on to graduate with the MD degree from UT Southwestern Medical School in 2017. During medical school he served as the Student Interest Group Officer and published 4 papers on topics in the field of movement disorders. He completed his neurology residency at UT Southwestern in 2021 during which he served as Chief Academic Resident. He then completed a movement disorders fellowship at UT Southwestern in the summer of 2022. He is a diplomate of the American Board of Psychiatry and Neurology and a member of the American Academy of Neurology.

Dr. Dewey has authored both scientific abstracts and peer-reviewed publications in journals such as Cognitive and Behavioral Neurology, Parkinson’s Disease, PLOS ONE, and The Journal of the Neurological Sciences. His primary research interests are in early disease modification of Parkinson’s Disease, new therapeutic approaches to Parkinson’s disease and essential tremor, and management of non-motor complications of Parkinson’s disease. He is experienced in the clinical management of common and rare movement disorders, deep brain stimulation programming, and botulinum toxin injections for a variety of neurological conditions.

Dr. Dewey currently practices at the Parkinson’s Disease & Movement Disorder Clinic of Boca Raton, FL.

In this program Dr. Dewey will briefly address newly approved PD medications, pipeline medications, new diagnostics, and environmental concerns related to PD. A good portion of this program will be dedicated to an open and interactive forum of questions and answers with attendees.

**This is an In-Person Only program. To secure your seats please register online at: [www.parkinsondaytona.org/in-person-meetings](http://www.parkinsondaytona.org/in-person-meetings), or click the red button below or call 386-871-3879** and leave a message with your name and how many will be attending.

**Register for In-Person Meeting**

T	V	J	H	U	G	B	V	V	X	H	L	D	B	M	R	I	O	H	A
R	O	T	L	R	E	R	I	M	D	A	V	C	I	B	N	A	K	P	H
A	U	F	B	G	N	X	K	V	V	E	O	Z	U	G	Y	T	L	M	J
E	E	P	E	N	I	T	N	E	L	A	V	V	L	W	O	I	M	Q	O
H	V	O	I	V	R	R	F	R	I	E	N	D	S	H	I	P	G	X	O
T	X	B	E	M	I	N	E	A	T	C	O	Z	Z	X	H	D	Z	P	V
E	Y	Z	J	E	R	P	H	J	R	D	F	V	L	O	O	X	O	O	M
E	Q	D	I	P	W	Z	U	A	X	L	O	Y	Q	R	X	U	Y	M	E
W	K	K	C	N	Z	C	P	C	O	Y	D	B	F	G	O	Z	I	B	Z
S	H	N	P	M	P	H	M	V	L	C	V	O	N	R	X	L	S	T	V
Y	E	I	J	I	Y	S	E	K	Q	L	L	S	F	W	H	W	K	S	Z
O	A	R	M	C	U	P	I	D	S	S	H	S	L	R	E	T	M	R	C
V	R	E	A	X	H	G	X	C	S	R	G	I	O	K	N	I	P	V	H
C	T	Y	Z	E	B	C	C	R	U	S	H	K	W	F	S	B	S	T	O
O	J	P	G	B	B	A	L	B	N	O	M	E	Q	S	E	M	I	C	
K	Q	V	D	D	F	Y	I	Y	K	T	O	N	R	Z	S	H	M	P	O
L	B	H	Q	P	R	K	D	U	P	I	J	M	S	O	I	W	B	L	L
S	L	P	X	Q	U	L	T	D	E	D	B	T	R	X	X	A	Z	G	A
K	T	U	N	P	S	X	X	C	E	C	E	H	I	J	X	D	U	X	T
R	G	G	W	H	G	I	T	B	E	T	D	R	D	R	J	P	O	H	E

## Valentines Day Word Search Answers

See Page 7 in this newsletter for our Spring & Easter Word Search. Answers will be in the next newsletter edition.

Completing puzzles can strengthen the mind and help patients manage Parkinson’s symptoms. Jigsaw puzzles, in particular, can increase skills of problem-solving, coordination, matching, and memory.

# COMMUNITY CALENDAR & EVENTS

## FLAGLER SUPPORT GROUP

**PALM COAST COMMUNITY CENTER • 305 PALM COAST PARKWAY NE, PALM COAST**

The Flagler/Palm Coast Support Group is hosting monthly meeting at the Palm Coast Community Center. For more information on this support group please contact Renee Shoner at 386-503-2239 or email at: [Reneeshoner@gmail.com](mailto:Reneeshoner@gmail.com).

## EAST & WEST VOLUSIA SUPPORT GROUPS

The PAGDB in conjunction with Halifax Health is hosting PD Support Groups in both East Volusia and West Volusia. These programs are designed to provide a place for individuals with PD and their caregivers/loved one's to share their feelings, experiences, and resources with each other and to provide support and encouragement. These programs are offered free of charge to the community.

### EAST VOLUSIA

**WOODMARK (FORMERLY BISHOPS GLEN) • 900 LPGA BLVD. HOLLY HILL, FL**

In East Volusia the support group program is being held on the **4th Tuesday of each month from 2pm-3pm** at Woodmark (formerly Bishops Glen Retirement Community).

**NEXT MEETING: Tuesday, April 25, 2023 • Tuesday, May 23, 2023**

### WEST VOLUSIA

**WOODLAND TOWERS • 113 CHIPOLA AVE. DELAND, FL**

In West Volusia the support group program is being held on the **2nd Tuesday of each month from 2pm-3pm** at Woodland Towers.

**NEXT MEETING: Tuesday, April 11, 2023 • Tuesday, May 9, 2023**

These support groups are facilitated by Anne Tracy, RN Community Relations Coordinator with Halifax Health Continuing Care and Hospice. For more information please contact either Anne Tracy at 386-566-5728 Email: [annette.tracy@halifax.org](mailto:annette.tracy@halifax.org) or Vince Kinsler at 386-871-3879 Email: [yovinny57@aol.com](mailto:yovinny57@aol.com)

## ROCK STEADY BOXING NSB

**201 SOUTH RIDGEWOOD AVE. SUITE 13 EDGEWATER, FL**

Monday, Wednesday and Friday morning you will find the music pumpin', the bags swinging and the Boxers punching at Rock Steady Boxing NSB. **Call to schedule an opportunity to observe a class. For more information on class times and how to get involved, [www.inthiscorner.org](http://www.inthiscorner.org) | 386-314-6673**

## BROOKS REHAB

Brooks Rehab is offering an **Adaptive Sports & Recreation Programs (& no you do not need to be athletic to participate!) they are in our community and provided FREE of charge!** Brooks also offers Exercise & Wellness Programs at several convenient YMCA locations throughout Volusia County. Cost for these programs is \$15.00 per month for YMCA members, and \$30.00 per month for non-YMCA members. **See flyers in this newsletter or our website for days, times and locations of these programs.**

## MARCH 21<sup>ST</sup> PROGRAM - FOLLOW UP TAKEAWAYS

Our March 21 st program featuring Dr. Ramon Rodriguez was very informative and educational. Dr. Rodriguez in part discussed the medication Inbrija and its value to pwp who take levodopa/carbidopa and that experience "off" periods. Inbrija is pure levodopa, and is taken by inhaling the medication using an inhaler device. It is used when someone is experiencing delays of, or failure of their regular scheduled doses of levodopa/carbidopa medication thereby creating an "off" period. Several key value features of Inbrija are:



Dr. Ramon Rodriguez

- Fast acting – the medication goes into effect in as few as 10 minutes.
- The dose benefit lasts up to 1.5 hours – thereby extending on periods
- Inbrija can be taken up to 5 times per day

To learn more about Inbrija please click this link: [www.inbrija.com](http://www.inbrija.com) or ask your neurologist.

A **BIG** thanks to **Dr. Rodriguez and Acorda Therapeutics** for making this great program possible!

### 14th Annual "Sole Support" for Parkinson's FUN WALK February 25, 2023

#### **EVENT INCOME & EXPENSE DETAIL - FINAL**

##### **Event Income**

Sponsor Contributions	= \$23,250.00
Registrations / Donations (pre-registered)	= \$3,140.00
Day of Event Registrations / Donations	= \$1,580.00
<b>Total Event Income</b>	<b>= <u>\$ 27,970.00</u></b>

##### **Event Expenses**

Event Entertainment	= \$250.00
Event Insurance	= \$165.00
Event T-shirts	= \$1,401.00
Food / Water / Paper products	= \$129.85
Port Orange Amphitheatre	= \$339.36
Signage	= \$250.30
<b>Total Event Expenses -</b>	<b>= <u>\$2,535.51</u></b>

**Total Event Funds Yielded** = **\$25,434.49**

# PARKINSON'S



# Fun Walk

## 2022

## Thanks To Our Sponsors!



- American In-Home Care
- Eldercare Attorney: Randal Schecter
- University Rehab is now Premier Physical Therapy & Sports Medicine

## ANYONE CAN IMPROVE THEIR BALANCE

Reprinted FR: WPC BLOG - July 24, 2018

Controlling balance during standing, walking, and daily activities is a complex skill that involves many parts of the nervous system as well as muscle strength and sensory integration. In fact, balance control actually involves several different types of control systems such as:

1. Responding quickly and accurately with a step-in response to a trip or slip;
2. Shifting weight appropriately in preparation for a step before walking;
3. Leaning safely to maximum limits to reach without stepping;
4. Standing still without excessive postural sway with eyes open or closed, even on an unstable surface;
5. Using foot placement and hip strength to control balance during walking.

Unfortunately, most of these types of balance control are eventually impaired in people with Parkinson's disease (PD), because the disease progresses to affect many brain circuits important for balance control.

We know that balance disorders in PWP are worse in those who have atypical parkinsonism, cognitive impairment, genetic origins of PD, and/or quickly progressing types. We also know that balance impairments are associated with aging and inactivity, so balance is more affected in older people with PD and in those who do not exercise. Since we use so many different muscles, joints, and senses for balance control, any impairment of these other systems (such as back pain, arthritis, a history of head injury or diabetes, etc.) due to aging or injury compound the balance problems in people with PD. People with freezing of gait also have more balance problems than those without it.

Luckily, many studies show that anyone can improve their balance with practice, even older people with PD. Laboratory studies have shown that one day of practice responding to surface slips can improve compensatory stepping responses. However, people learned faster and retained more balance control after practice while they were taking their levodopa medication, so it is important to be optimally medicated to benefit from exercise training. Studies of group exercise classes that challenge balance, such as agility training, dancing, boxing, and Tai Chi also show significant improvement in balance in people with PD. Tai Chi training (adapted for PD) over 6-12 months

has been shown to reduce the risk of falls, showing that significant benefits likely require long-term practice.

Exercises most likely to improve balance usually involve not only balancing, but also cognitive challenges like playing a sport. Sports, like tennis or pickleball, as well as Tai Chi, dance and boxing, involve sharp cognitive skills such as decision-making, anticipating based on experience, inhibiting wrong responses and initiating quickly; correct responses – all cognitive skills impacted by PD. Dual-tasking, such as thinking about something while walking or balancing also has been shown to improve with practice, a sign that walking or balancing has become more automatic with practice. Thus, studies are showing that not only balance, but cognitive skills and attention can improve with devoted practice.

---

Fay B. Horak, PhD, PT presented at the Third World Parkinson Congress in Montreal, Canada and the Fourth World Parkinson Congress in Portland, Oregon. She is currently a Professor of Neurology and the Director of the Balance Disorders Laboratory at Oregon Health and Science University and the Portland VA.

Ideas and opinions expressed in this post reflect that of the author(s) solely. They do not necessarily reflect the opinions of the World Parkinson Coalition® (WPC).

# SPRING & EASTER

## WORD SEARCH



BASKET  
BEES  
BLOOM  
BUNNIES  
BUTTERFLIES  
DUCKLINGS

EASTER  
EGGS  
FLOWERS  
GARDEN  
GRASS  
JELLYBEANS

MEADOW  
PASTEL  
PEEPS  
RAINBOW  
SHOWERS  
SPRING



# 2023 FUN WALK MEMORIES!!!











**THANK YOU FOR  
ATTENDING OUR  
2023 FUN WALK.  
IT WAS OUR MOST  
SUCCESSFUL ONE YET  
AND CAN'T WAIT TO  
SEE YOU NEXT YEAR!!!**

# THE WELLNESS CORNER

## How To Stay Positive With Parkinson's Disease

Many people living with Parkinson's disease (PD) say symptoms like fatigue, cognitive changes, and pain make navigating day-to-day life difficult. These and other challenging symptoms often impact physical, mental, emotional well-being. However, a PD diagnosis does not have to define your life.

We conducted our 4th Annual Parkinson's Disease In America survey to learn more about how people with PD maintain a positive attitude. More than 1,400 people who have been diagnosed with PD completed the survey and provided an interesting look at how they face each day with an upbeat, determined approach.

### Attitude is a factor

About 75 percent of survey respondents with Parkinson's disease said their attitude is a significant factor in their quality of life. Many respondents said having a positive attitude helps them enjoy their life with PD.

"[A] positive attitude creates positive results. The more positive you are, the more you can do, which makes you believe you can accomplish more."

"Attitude is everything in life, especially when dealing with a PD diagnosis. I think I would be much worse without a positive attitude."

### A support system is important

About 70 percent of respondents shared that they need some type of support, with emotional support listed as the most needed. These respondents said that establishing a good support system is essential.

"Reach out to support groups to seek answers to questions you might have, but remember, every person is different."

"It is not easy, but it is important to stay as positive as you can. Family and friends are important, and it is much harder when there are none around."

### Exercise is beneficial

Just over 65 percent of survey respondents use exercise to stay healthy and live well with PD. Some of the most popular exercises include walking, stretching, and gait/balance training.

"Being positive, resting when you need to, eating well, and exercise – especially walking – is vital to a better life with PD."

"Consistent and strenuous exercise, and continuing to stay active with work and friends."

### Faith helps people stay positive

Nearly 50 percent of survey participants said their faith or spirituality is a big part of how they stay positive.

"My positive attitude comes from knowing that God loves me and has me in the palm of his hand. This perspective keeps me looking ahead and lightens my spirit."

"One with Parkinson's disease needs to think positively about their disease. I am a spiritual person who turns over my disease to a higher power. I stay informed about my disease. I enjoy reading about how others stay positive."

### Changing the mindset

When asked about their quality of life, 65 percent of respondents said they have accepted their diagnosis/prognosis. They shared that having the right mindset helps them navigate their disease.

"It is not the end of the world. Enjoy what you CAN do. Have a sense of humor. Laugh."

"There are worse things. Seek and employ humor. Exercise."

### Stay involved in activities

Many survey respondents said that staying busy helps them stay in good spirits. They enjoy a variety of activities, such as:

- Crafting
- Journaling
- Reading
- Meditating
- Volunteering
- Painting
- Shopping
- Spending time with friends
- Music therapy

"Do things you enjoy, try to be around friends and family who are positive, listen to music, and watch shows that make you feel happy. Plan and go on trips to places that have always interested you. When you talk to people, talk about the positive aspects of the subjects you are discussing."

"Make a plan to work at eating nutritious food, doing physical exercises, and use games or other activities that help with cognitive function. Be with people who support and uplift you. Fight apathy by making a concerted effort to accomplish things that are important to you. Have gratitude for the things you are lucky to have. Remember that you have Parkinson's, but it does not have you."

### Laughing has many benefits

Science shows laughter has several positive short- and long-term effects. These include stress and pain relief, and even boosting the immune system. Survey respondents seem to embrace and welcome laughter, with 51 percent sharing that they use humor and laughter to cope.<sup>1</sup>

"Lots of humor there. Laugh. Tell jokes. Be ridiculously silly!! SMILE, even when you feel like crying. Smiling heals!!"

"I do crafts to keep busy, and I also laugh daily! My husband is my support and my partner in the laughing!"

### Stay in the moment

Practicing mindfulness, staying in the moment, and taking things day-by-day are all ways that respondents said they approach life with a positive outlook.

"Take [it] 1 day at a time. Every day is different, so look forward to the good days."

"Enjoy every day you have been given. Do not worry about tomorrow."

### Services or resources for PD

Having a good quality of life and feeling supported can help a person stay positive. When asked what resources or services could help improve their quality of life, survey respondents suggested support and activities specifically designed for people living with the disease. Some of their suggestions included:

- Local and in-person support groups
- Activities/events for people with PD and their families
- Exercise classes specific for people with PD
- Physical and/or occupational therapy
- In-home care
- PD centers
- Financial support
- Transportation and/or rides to medical appointments, support groups, etc.

Happiness and mindset are so important. They are a state of mind that includes gratitude, inspiration, accomplishment, laughter, compassion, tranquility, joy and love. Visualize happy moments in your life, use them as inspiration and fuel during the tough moments or days. Below are a few questions to help with mindset and happiness, use these to inspire yourself and help stay in a state of happy more frequently.

**List 3 Things/Moments That Made You Happy Recently:**

- 1.
- 2.
- 3.

**List 3 Things You Are Grateful For:**

- 1.
- 2.
- 3.

**List 3 Activities You Enjoy That You Can Do More Of:**

- 1.
- 2.
- 3.

**List 3 People Who Can Help You OR Who You Enjoy Spending Time With:**

- 1.
- 2.
- 3.

**What Is A Positive Affirmation or Mantra You Can Use Daily?:**

## HAMSTRINGS AND CALVES TIGHT DUE TO PARKINSON'S ADDRESS YOUR FEET

Do not take your feet and ankles for granted. You put all your weight on them and expect them to track correctly as you walk, stand, lunge, jump, balance and prevent falls. Your feet help calibrate the alignment of the rest of your body. The bones of your feet move with every step influencing how your ankles, knees, hips and spine move and align with one another.

With Parkinson's Disease feet can cramp, pain, tingle, tremor, pronate, curl up, and collapse due to neuromuscular disconnect, tight tissue, and faulty gait mechanics. Why would you ignore such an important part of your body which can affect your balance and quality of life? You must treat your feet.

### Tightness in Your Feet Affects the Entire Body

By rolling out and massaging the plantar fascia, the long ligament on the bottom of your foot, you are hydrating tissue, stimulating the nerves, and mobilizing the little bones. The diaphragm in the foot pumps with all the other diaphragms in our bodies. A rigid foot can affect our pelvic movement and breathing, crazy huh?

How is this possible? By rolling out your feet, your hamstrings will become less tight. This will help with Parkinson's Lazy Bum and posture, and make it easier to activate those glutes.

It's very important to do this daily before your other exercises. It will get you ready for action and help prevent injuries. Do it again at night to massage out the abuse your feet take all day. It can address the cramping and curling toe symptoms too.

Want to see it in action? See how far you go down when you touch your toes before performing the technique. Perform the myofascial release technique you will be able to get closer to reaching your toes.

Don't attempt to touch your toes if you have balance issues, low blood pressure, or in a wheelchair. Just know your hamstrings are a little looser and your feet will still feel amazing.

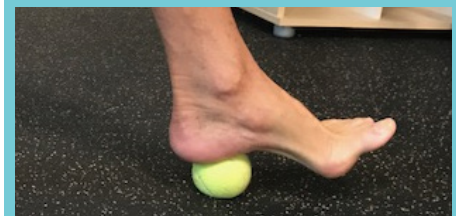
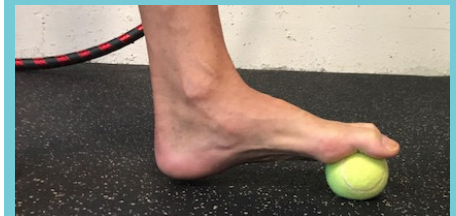
## FOOT MYOFASCIAL RELEASE TECHNIQUE

This is a routine you can do every morning and night to prevent foot pain and cramps.

-  
Get a tennis ball, softball, or racquetball (if you have tender feet). First be seated or standing holding onto a solid object for balance.

Place the ball under one foot and start rolling the arch. Don't be afraid to PUSH HARD as you roll.

Roll along the sides and center, from the toes to the heel, you will feel sore spots. Spend a little more time on these areas. Spend 2 minutes or more on each foot. Repeat daily or twice a day, as needed.



If you want more easy-to-follow videos specifically designed for people with Parkinson's to help with cramping in your feet, tight calves, dystonia, and more, check out these FREE YouTube videos.

[Cramping Feet \(Similar to Photos\)](#)

[Treat Your Feet](#)

[Quick Stretch to Help You Walk Better](#)

**Wellness Corner Credits:**

1. <https://parkinsonsdisease.net/living/how-to-stay-positive>
2. <https://rebelclub.com/prevent-treat-cramping-feet-curling-toes-parkinsons-disease/>

# Halifax Health | Brooks Rehabilitation

## Adaptive Sports and Recreation - Daytona Beach

<b>MONDAY</b>	<b>Tai Chi</b> 3:00–4:00PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117	
	<b>On-Water Rowing</b> 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	<b>Rec Game Night</b> <small>[Rotating between Bocce Ball, Shuffle Board, Croquet and Horseshoes]</small> 4:15–5:15PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117
<b>TUESDAY</b>	<b>ERG Rowing</b> 3:00–5:00PM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	
<b>WEDNESDAY</b>	<b>On-Water Rowing</b> 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	<b>Adaptive Yoga</b> 1:30–2:30PM Port Orange Family YMCA 4701 City Center Parkway Port Orange, FL 32129
<b>THURSDAY</b>	ALTERNATES EVERY FRIDAY	
<b>FRIDAY</b>	<b>Bowling</b> 5:30–7:30PM Ormond Lanes 260 N US Highway 1 Ormond Beach, FL 32174	<b>Billiards</b> 4:30–6:30PM Uncle Waldo's Sports Pub 2454 Nova Road Daytona Beach, FL 32119

### FOR MORE INFORMATION:

386.871.3024

Kristina.Seiple@Brooksrehab.org



CENTER FOR INPATIENT REHABILITATION

# Halifax Health | Brooks Rehabilitation

## Wellness Program Weekly Calendar

**MONDAY  
WEDNESDAY  
FRIDAY**

### Wellness Program

DeLand Family YMCA  
8:30-11:30am

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

**TUESDAY  
THURSDAY**

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

#### Ormond Beach Family YMCA:

500 Sterthaus Dr, Ormond Beach, FL

#### DeLand Family YMCA:

761 E International Speedway Blvd, DeLand, FL

#### FOR MORE INFORMATION:

386.871.3024

[sydney.olsen@brooksrehab.org](mailto:sydney.olsen@brooksrehab.org)



**A FREE Educational Series**



## EDUCATION ON ESSENTIAL TREMORS

Cutting-Edge Technology: Informing Your Therapy Decision

Learn more about the most complete deep brain stimulation (DBS) system with sensing, directionality, and visual programming so you can access data-driven insights to personalize your therapy with confidence.

### **April 4**

9:00 am

**Ormond Beach Family YMCA**

Healthy Living Center

500 Sterthaus Dr.

### **April 17**

10:00 am

**DeLand Family YMCA**

Healthy Living Center

761 E. international Speedway Blvd.

### **May 24**

9:00 am

**Port Orange Family YMCA**

Healthy Living Center

4701 City Center Parkway

0318-3613

**DeLand Family YMCA** • 761 E. International Speedway Boulevard

**Four Townes Family YMCA** • 280 Wolf Pack Run

**Ormond Beach YMCA** • 500 Sterthaus Dr

**Port Orange Family YMCA** • 4701 City Center Parkway



**HALIFAX  
HEALTH**

**HEALTHY LIVING  
CENTERS**



# ONLINE BRAIN & BODY TRAINING

Online Brain and Body Training for Alzheimer's, Parkinson's and Adults 50+

Total HealthWorks – an evidence-based virtual fitness platform created by the founders of Delay the Disease, the #1 Parkinson's group-exercise program in the country, is offering their Brain and Body Class **every Wednesday at 12:00 PM Noon EST via Zoom for FREE!**

**Fill out the form on their website and receive a link in your email to join** the online Brain and Body exercise class with Jackie Russell and David Zid. **Click the button to be taken to their registration page or visit their website to learn more:** <https://totalhealthworks.com/free-online-class/>

Don't worry, if you can't join the class at the scheduled time, **you will receive a link in your email to watch the class whenever you'd like!**

**REGISTER**

## DANCE *for* PD<sup>®</sup>

CLASSES | TRAINING | RESOURCES

For those that wish to continue to participate in a regular Dance for PD program with local Dance for PD instructor Gabriela Trotta – these classes are now **offered online every Monday at 1:30pm** – it's easy to register and participate and it's **FREE** to all PAGDB Members!

To find out how to connect with our live online Dance for PD program please contact **Gabriela at 386-405-6905** or email her at: [gabriela59@aol.com](mailto:gabriela59@aol.com) or Nicole at [nmante86@gmail.com](mailto:nmante86@gmail.com).

Gabriela & Nicole will be happy to help you get started.

**SO GET OUT AND DANCE!**



**\*\*Other than provide financial support for its members that wish to participate in this Dance for PD program, the PAGDB has no ownership stake nor controls any of the program content. PAGDB members that wish to participate do so at their own risk. Always consult with your doctor before you engage in any type of exercise program.**

## PAGDB

PO Box 4193  
Ormond Beach, FL 32175  
386-871-3879

[www.parkinsondaytona.org](http://www.parkinsondaytona.org)  
[parkinsondaytona@gmail.com](mailto:parkinsondaytona@gmail.com)

### Board of Directors

**Vince Kinsler**  
PAGDB Executive Director  
[yovinny57@aol.com](mailto:yovinny57@aol.com)

**Alaine Keebaugh**  
Boston Scientific  
[Alaine.Keebaugh@bsci.com](mailto:Alaine.Keebaugh@bsci.com)

**Christina Atanasoski**  
PAGDB Admin & Head of Design

**Ellen Lauturner**  
[elauturn1@gmail.com](mailto:elauturn1@gmail.com)

**Ken Sipes, CPA**  
Treasurer

**Marianne Chapin**  
Rock Steady Boxing  
[mchapin130@gmail.com](mailto:mchapin130@gmail.com)

**Matt O'Malia**  
Unite Us  
[matthew.omalia@gmail.com](mailto:matthew.omalia@gmail.com)

**Nancy Dawson**  
[ndawson0124@gmail.com](mailto:ndawson0124@gmail.com)

**Ursula O'Leary**  
[utrudeau@msn.com](mailto:utrudeau@msn.com)

## WEBINAR VIDEOS

All of our previous webinars and monthly meetings are available on Youtube and our website! To visit our YouTube channel you can search for it by visiting [www.youtube.com](http://www.youtube.com). In the search box search for: Parkinson Daytona. You will find our 'channel' and all of our uploads. You can subscribe to follow us and be shown future uploads. We also have all the webinar videos on our website under the 'Events' tab. Visit our website [www.parkinsondaytona.org](http://www.parkinsondaytona.org) or [click here to visit our YouTube channel](#).