



PARKINSON News

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

BACK BY POPULAR DEMAND!

FREE – CLINICAL FALL RISK ASSESSMENTS FOR PWP

Tuesday, January 16, 2023 • 9:45 AM – 2:15 PM

Woodmark Pacifica Senior Living • 900 LPGA Blvd. Daytona Beach

According to the CDC **falls are currently the leading cause of both fatal and non-fatal injuries among people over 65 years of age**, and due to the already greater risk for falling that people with Parkinson's (PWP) experience resulting from their condition, understanding what can be done and how to mitigate their potential of sustaining a fall is critical to their overall health and wellbeing.

The PAGDB is pleased to bring back Doctor's of Physical Therapy (DPT) and owners of MoveMed Physical Therapy in Ormond Beach - Garrett & Taylor Sweringen, who'll be conducting a day of Free Clinical Fall Risk Assessments for People with Parkinson's.



Doctors Garrett & Taylor Sweringen

The Doctor's will perform four (4) functional tests specific to Parkinson's disease and upon completion you will be educated on both your household and community fall risk based on your personal scores. These tests will help you understand your baseline fall risk while gaining knowledge of how to improve that baseline and reduce your overall risk for sustaining a fall. These Clinical Assessments are by **APPOINTMENT ONLY** and provided at **NO** Charge! Two appointments are available for each doctors time slot beginning at 9:45am. Each assessment will take approximately 25 minutes. There are a limited number of appointments available so register early to secure your spot!

There are **two ways you can secure your appointment time**; you can book it online at: www.parkinsondaytona.org/monthly-meetings or you can book by phone by calling **386-871-3879** and **leave a message**. **Caveat:** Booking online will ensure the greatest chance of getting the most up to date appointment times available.

Don't hesitate - Start Your "New Year Off on the Right Foot" and set your appointment time now!

Register for In-Person Meeting

Condolences

Please join us in offering our thoughts, prayers, and condolences to the families of Dan Herr, and Anne Wise – both of whom recently passed away.

IN THIS ISSUE

- 2 February's & Upcoming Events
- 3 Community & Events Calendar
- 4 Article
- 5 CND Info. & Event Follow Ups
- 6-7 RSB, Puzzle Answers & Puzzle
- 8-9 Exercise & Wellness Classes Flyers
- 10-13 The Wellness Corner
- 14 Fun Walk Registration Form
- 15-16 Brooks Rehab Flyers
- 17 Contact, BOD Information & Online Exercise Class Information

RECENT GIFTS & GRANTS

- ♥ Harvard & Associates, P.A. – Gift to the PAGDB in Memory of Anne Wise
 - ♥ Garth Closter – Gift to the PAGDB in Memory of Dan Herr
- ♥ Nancy Nix-Karnakis – Gift to the PAGDB in Honor of Jeff Torborg
 - ♥ Diane Skelley – Gift to the PAGDB
 - ♥ Becky Lester – Gift to the PAGDB
- ♥ Steve Unatin – Donation to the PAGDB
- ♥ Walt & Suzanne Steiner Foundation – Grant to the 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 loved one, provide a grant, or to simply donate to the PAGDB - Donate Online at www.parkinsondaytona.org or by mail. Please make checks payable to Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175.

DONATE

DETECTING AND TARGETING ALPHA SYNUCLEIN: ARE WE ON A PATH TOWARD A CURE FOR PARKINSON'S?

Tuesday, February 20, 2024 • 2:00–3:30pm

Woodmark Pacifica Senior Living • 900 LPGA Blvd. Daytona Beach

"Over a century ago, Lewy bodies were identified as the pathologic hallmark of Parkinson's disease (PD). An abnormal form of the protein alpha-synuclein was then discovered as the core constituent of Lewy bodies several decades later. Now, scientists have developed techniques for the detection of alpha synuclein that may allow for earlier and more accurate diagnoses of PD and related conditions. In this discussion, we will review currently available techniques for detecting this abnormal protein, as well as new areas of research involving both detection and therapeutic targeting of alpha synuclein."



Dr. Padma Mahant

The PAGDB is pleased and honored to host Dr. Padma Mahant as our guest presenter to discuss new testing used in the aid of diagnosing Parkinson's disease, and the prospect of targeting therapies specific to an individual's needs – moving forward the evolution of personalized medicine. Dr. Mahant is board certified in neurology and her clinical interests are in the area of blepharospasm, exercise in Parkinson's disease, as well as deep brain stimulation for Parkinson's disease. Dr. Mahant has contributed to research throughout her career, while serving with the Parkinson's Study Group, the Arizona Parkinson's Disease Consortium, and the Center for Adaptive Neural Systems at the Biodesign Institute of Arizona State University. Recently, Dr. Mahant has expanded her education and research efforts by taking on the role of Director of Medical Affairs at CND Life Sciences, where she works part-time, allowing her to continue to provide direct patient care in private practice as well.

This is an In-Person Only program. To secure your seats please register online at: <https://www.parkinsondaytona.org/monthly-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

2024 PAGDB Fun Walk Register Now!

Saturday February 24, 2024 • 10am–2pm

Our 15th Annual Sole Support for Parkinson's Fun Walk is **Fast Approaching!**

Our Walk is scheduled for Saturday February 24, 2024 at the City of Port Orange' Lakeside Community Center & Amphitheater. Please plan on joining us in supporting the PAGDB. Don't hesitate – **Register online at www.parkinsondaytona.org or see the printable registration form on Page 8 in this newsletter.** We look forward to seeing you all there!

FEELING HEAVY, BLOATED, OR JUST PLAIN LETHARGIC?

The holidays are filled with joy and sharing; much of it revolves around massive meals and goodies. Now is the time to put all that behind you and get yourself moving. The PAGDB provides two absolutely free exercise programs for PWP to take advantage of: Motion & Mindfulness on Monday's from 2:30pm–3:30pm at Pictona, and Wholistic Movement on Thursday's from 2:30pm–3:30pm at the Port Orange YMCA. Be true to your New Year' Resolutions – and Get Moving! See flyers in this Newsletter.

Adaptive Pickleball

Brooks Rehab is introducing Adaptive Pickleball with a specific time for People with Parkinson's (PWP)! Adaptive Pickleball takes place **EVERY Wednesday.**

Adaptive Sports Group
1:30 – 2:30pm

Parkinson's Group
2:30 – 3:30pm

Pictona at Holly Hill
1060 Ridgewood Ave
Holly Hill, FL 32117

REGISTER

COMMUNITY CALENDAR & EVENTS

EAST & WEST VOLUSIA SUPPORT GROUPS

In conjunction with Halifax Health, the PAGDB is hosting Support Groups designed to provide a place for individuals with PD and their caregivers/loved one's to share their feelings, experiences, provide support and resources. These programs are offered free of and 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 or Vince Kinsler at 386-871-3879 Email: yovinny57@aol.com**

EAST VOLUSIA

4TH TUESDAY OF EACH MONTH FROM 2-3PM • WOODMARK • 900 LPGA BLVD. HOLLY HILL, FL
NEXT MEETING: Tuesday, January 23, 2024 • Tuesday, February 27, 2024

WEST VOLUSIA

2ND TUESDAY OF EACH MONTH FROM 2-3PM • WOODLAND TOWERS • 113 CHIPOLA AVE. DELAND, FL
NEXT MEETING: Tuesday, January 9, 2024 • Tuesday, February 13, 2024

WEST VOLUSIA (LAKE HELEN) SUPPORT GROUP

1ST WEDNESDAY OF EACH MONTH FROM 2-4PM

LAKE HELEN METHODIST CHURCH • 111 DELAWARE AVENUE WEST, LAKE HELEN

For more information contact either: **Susanna Trittschuh 386-734-8124 sjtrittschuh@gmail.com | Susanna Wolfe hewolfe43@gmail.com**

NEXT MEETING: Wednesday, January 3, 2024 • Wednesday, February 7, 2024

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, **please contact Renee Shoner at 386-503-2239 or email at: Reneeshoner@gmail.com.**

ROCK STEADY BOXING

For more information on classes, times and to schedule an assessment **386-314-6673 | www.inthiscorner.org**

YOGA & DANCE NSB

TUESDAYS 1PM • 201 SOUTH RIDGEWOOD AVE. SUITE 13 EDGEWATER, FL

A combination yoga and dance class that is well coreographed to include warm up, upper/lower body, cardio, breathing exercises and a cool down. This class is instructed by Gabriella Trotta. **This class fills up quickly & seats are limited. 386-314-6673 | www.inthiscorner.org**

WHOLISTIC MOVEMENT!

THURSDAYS 2:30-3:30 PM • PORT ORANGE YMCA

MOTION & MINDFULNESS

MONDAYS 2:30-3:30 PM • PICTONA

BROOKS REHAB

Brooks Rehab is offering an **Adaptive Sports & Recreation Programs (you do not need to be athletic to participate!) provided FREE of charge!** Brooks also offers Exercise & Wellness Programs at several 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.**

WHAT'S SYNUCLEIN, GOT TO DO, GOT TO DO WITH IT...

Article Reprinted FR: WPC BLOG – August 14, 2023 – Clinical Science

My Grandma had dementia. She was never formally diagnosed because she only saw a primary care doctor who was not an expert in geriatric medicine. However, the antipsychotic medication she took caused stiffness and falling and so I suspect Dementia with Lewy Bodies, a neurodegenerative disorder with clumps of a protein called α -synuclein in the brain called Lewy bodies, and motor symptoms similar to Parkinson's Disease (PD).

I remember calling her and she would tell me, "I'm here waiting for your grandfather to get home from work", which broke my heart as Grandpa had died ten years earlier. To me, cognitive changes are among the scariest symptoms in neurodegenerative disease, including PD, because they have a profound effect on the day-to-day functions of the person with the disease and caregivers. High-powered lawyers with PD told me they had to quit their jobs because they could no longer handle multi-tasking. Although not everyone with PD develops cognitive symptoms, and the type of changes and severity are different for each person, this is one of the symptoms that deserves our attention as researchers. (I am avoiding the word "dementia", according to the dictionary, dementia means "madness, insanity" and the word is not appropriate when discussing cognitive changes in PD).

The treatments for some of the motor symptoms of PD are effective enough that the non-motor symptoms have become more appreciated and are receiving more attention. It is currently unknown what causes cognitive changes, but it is unlikely to be related to loss of dopamine neurons in the substantia nigra (which cause motor difficulties) as cognitive changes are not typically improved with drugs that increase dopaminergic transmission. A couple of other WPC 2023 blogs mention the amazing recent advances in identifying genetic causes of PD. I think if we pay careful attention to the stories the genetics of PD are telling us, we can begin to figure out the biologic causes of cognitive changes and find treatments to prevent them.

The first gene important to mention is SNCA, which makes the protein α -synuclein. In 1997, the A53T mutation was discovered in an Italian family from a small town in Italy, Contursi Terme. The mutation is inherited in an autosomal dominant manner, meaning that if a person has just one copy of the mutation, they get PD. Also in 1997, Dr. Maria Spillantini discovered that Lewy bodies, clumps of proteins in the brain in individuals with PD, contain α -synuclein. As an aside, one could reasonably argue that Italians have made some of the most important contributions to science over the past several centuries (insert winking emoji here!).

Since 1997, several more SNCA mutations have been discovered, as well as duplications and triplications in the SNCA gene. Although genetic changes in SNCA cause PD they are very rare, individuals with SNCA mutations and triplications have motor symptoms, cognitive decline, and psychiatric symptoms. Relevant to cognition, one of the earliest discoveries of α -synuclein was in male zebra finches, social birds from Australia that learn to sing one song throughout their lives to defend their territory and attract females. There are changes in levels of α -synuclein while the zebra finch is learning his song, suggesting that the gene plays a role in learning and memory, a finding supported by other species including rodents. In humans, accumulation of abnormal α -synuclein, in areas of the brain related to cognition, strongly associates with cognitive symptoms.

LRRK2, which encodes leucine-rich repeat kinase 2, is a genetic cause of autosomal dominant PD. In a recent analysis by Dr. Lorraine Kalia, it was found that 67% of individuals with the most common LRRK2 mutation, LRRK2 G2019S, have Lewy bodies, and only 35% individuals with other LRRK2 mutations have Lewy pathology.

Of course, it remains possible that the development of methods of detecting earlier abnormalities in α -synuclein may reveal that more of these individuals have pathologic α -synuclein. However, the simplest conclusion from this analysis is that deposits of α -synuclein are not necessary to cause PD. Of the individuals with LRRK2 mutations, those with Lewy bodies had a significant increase in cognitive decline and anxiety compared to individuals with LRRK2-PD without Lewy pathology, suggesting that Lewy pathology may be the trigger for cognitive changes.

Mutations in the GBA1 gene, which encodes for lipid metabolizing enzyme glucocerebrosidase, are also telling us important information on the cause of cognitive decline in PD. One copy of mutant GBA1 increases the risk of PD and cognitive decline. All individuals with mutant GBA1 (except one with the non-neuronopathic N370S mutation) have Lewy pathology. Again, these findings suggest a possible interaction between Lewy pathology and cognitive symptoms.

Finally, individuals diagnosed with PD at ages greater than 65 have a greater risk for cognitive decline than individuals diagnosed with PD at earlier ages. Over 90% of late onset PD individuals have abnormal α -synuclein aggregates. Individuals with recessive mutations in genes encoding DJ-1, PINK1, and Parkin, which cause early onset PD, have not shown Lewy pathology to date. Thus, the combination of changes in α -synuclein and aging could be an important factor for cognition.

In conclusion, research is needed to determine the pathological trigger for cognitive impairments in PD. However, findings that not all PD patients have Lewy pathology is critical in that it suggests that pathologic α -synuclein does not cause PD but may play a role in non-motor symptoms. A major recent advancement is the development of assays to detect abnormal α -synuclein in skin biopsies and cerebrospinal fluid using a method to amplify these aggregates, called α -synuclein amplification assays (SAA).

Such assays will be invaluable for determining who has PD with Lewy pathology and how best to treat these individuals. For example, inhibitors of LRRK2 kinase activity could be used to treat those with PD without Lewy pathology. For those positive for abnormal α -synuclein, treatments preventing formation of aggregates could prevent cognitive decline. Paying close attention to what the data is telling us will help us develop personalized therapies for the diverse symptoms of PD.

Laura Volpicelli-Daley, PhD is an Associate Professor of Neurology, Parkinson Association of Alabama Endowed Professor at the University of Alabama at Birmingham. She was a speaker at the WPC 2023 Congress.

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

Just who Is CND Life Sciences?

CND Life Sciences is a leading neurodiagnostics company who developed the Syn-One Test®, a convenient, accurate skin biopsy test to help clinicians diagnose Parkinson's disease, dementia with Lewy bodies, and other disorders known as synucleinopathies; Syn-One detects and visualizes phosphorylated alpha-synuclein in cutaneous nerves, providing objective pathological markers of these diseases. Demonstrating greater than 95% sensitivity and specificity in recent studies, Syn-One, along with a patient's clinical history and features, can reduce diagnostic uncertainty and support more optimal care pathways for patients.

CND is committed to supporting patients and their families with accessible information and educational programs relevant to Parkinson's disease and related disorders. Learn more at <https://cndlifesciences.com/>.

For information about the Syn-One Test or to find a Syn-One Clinician, please call 480-569-2900, option 1 or email support@cndlifesciences.com. For CND Life Sciences Patient Services, please call Sarah Winter, MSW, LICSW at 480-525-8651 or email patientservices@cndlifesciences.com.

November 14th Program Follow-up

For those in attendance at our November 14th, 2023 program **"The Aches & Pains of Parkinson's Disease"** presented by **Dr. Marina Mitry-Hana, DPT, PT, OTR/L, LSVT-BIG** of **Thomas Center for Physical Therapy**, you were treated to a plethora of great information and demonstrations on the management, and interventions of common physical impairments that both People with Parkinson's & their care providers experience as a result of daily living with PD. Thank You Dr. Marina for your excellent presentation!



MEMBERS DANCING AND HAVING FUN AT A RECENT MOTION & MINDFULNESS CLASS AT PICTONA!





ROCK STEADY BOXING

NEW SMYRNA BEACH/EDGEWATER

201 SOUTH RIDGEWOOD AVE. SUITE 13
 MONDAY, WEDNESDAY & FRIDAYS

ORMOND BEACH

BODY EXCHANGE BOXING GYM
 58 WEST GRANADA BLVD.
 TUESDAYS & THURSDAYS
 9-10:30AM



IF YOU ARE NEW OR CURIOUS ABOUT FIGHTING BACK AGAINST PARKINSON'S DISEASE, WE WELCOME YOU TO JOIN US AND SCHEDULE YOUR FREE ASSESSMENT REQUIRED TO GET YOU STARTED.

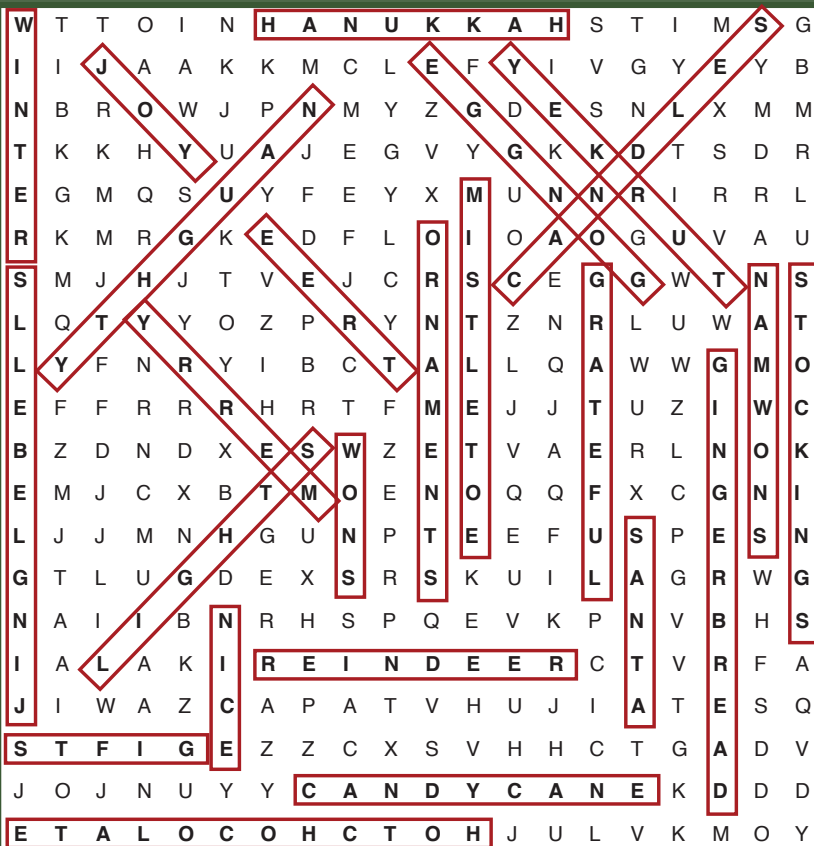
**ASSESSMENT DOES NOT INCLUDE BOXING GEAR.*

386-314-6673

Holiday Word Search Answers

See **Page 7** in this newsletter for our New Years & Valentine's Day Themed 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.



New Years to Valentines Day

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

2024

ADMIRER
 BALLOONS
 BE MINE
 CANDY
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 COUNTDOWN

CUPID
 FIREWORKS
 FRIENDSHIP
 HAPPINESS
 HEART
 HUGS
 KISS
 LOVE

LOVE NOTES
 MIDNIGHT
 NEW YEAR
 RESOLUTIONS
 ROSES
 SPARKLERS
 SWEETHEART
 VALENTINE



WHOLISTIC MOVEMENT!

NEW EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S (PWP)

NEW DAY, TIME & LOCATION!



GABRIELA TROTTA
INSTRUCTOR

Everyone knows that exercise is good for you, but it's especially good for PWP. The Parkinson Association of Greater Daytona Beach (PAGDB) is pleased to announce a new exercise program called **Wholistic Movement!**

Wholistic Movement! incorporates a combination of physical exercises designed to benefit the entire being; think of it like yoga, dancing, tai chi, stretching, and aerobics all rolled into one exercise session! Longtime PAGDB Dance & Exercise Instructor Gabriela Trotta will be facilitating this program. This class is open to any PAGDB member, including those with wheelchairs or walkers. Care providers are encouraged to attend and welcome to participate. This program is **Free of Charge** to all PAGDB members (attendees must sign in for every class).

Wholistic Movement! will be held every Thursday from 2:30pm-3:30pm at the Port Orange YMCA.

This program is made possible by Halifax Health/Brooks Rehab, The YMCA and the Parkinson Association of Greater Daytona Beach (PAGDB). For more information or any questions please contact Vince Kinsler at 386-871-3879.

 **THURSDAYS**
2:30-3:30PM

 **PORT ORANGE YMCA**
4701 CITY CENTER PKWY.
PORT ORANGE 32129



MOTION & MINDFULNESS



JEN MOORE
INSTRUCTOR

Living with Parkinson's can present various challenges, but with the right strategies, you can maintain a safer more fulfilling life. Naturally, as we grow older, we often begin to experience balance issues and become more prone to falling. And gait and balance issues can be quite common in with people Parkinson's (PWP) which puts them at even greater risk for sustaining a fall – a double whammy!

It's no secret that one of the best ways to manage the movement symptoms associated with Parkinson's disease (PD) and reduce the risk of sustaining a fall is to MOVE - to consistently exercise. Movement and exercise is the **best medicine** for leading a higher quality of life living with PD.

Along with movement and exercise, it's equally important that we are mindful of what we are doing, and how we are doing it. Mindfulness is an important attribute to employ for anyone - especially those with PD.

"Motion & Mindfulness" incorporates a variety of exercises designed to strengthen the core and the lower extremities, while promoting flexibility to ultimately improve balance and gait. In this program, attendees will also be exposed to complimentary meditative practice, and guided imagery designed to enhance and strengthen their cognition and ability to employ mindfulness. Long time certified Dance for PD instructor and seasoned personal trainer, and group exercise instructor Jen Moore will be facilitating.

"Motion & Mindfulness" is free of charge to all PAGDB members and will take place on Monday's from 2:30pm-3:30pm in the Senior Activity Center at Pictona. This program is made possible by Florida Health Care, Halifax Health/Brooks Rehab, Pictona and the Parkinson Association of Greater Daytona Beach (PAGDB). For more information or any questions please contact Vince Kinsler at 386-871-3879.

 **MONDAYS**
2:30-3:30PM

 **PICTONA**
1060 RIDGEWOOD AVE. (U.S. HWY. 1)
HOLLY HILL, 32117



OUTPATIENT REHABILITATION



An Independent Licensee of the Blue Cross and Blue Shield Association



THE WELLNESS CORNER

Resolutions & Goals for the New Year

Welcome 2024 - the start of a new year! There is no other time of year that stirs our interest in self-improvement more than the shiny, clean slate of a new calendar year. For many of us, January 1st is the marker for new possibilities and opportunities. New Years can be a time for many set goals and commit to new habits. Motivation, determination and enthusiasm play a huge role in accomplishing those goals, but sometimes motivation and determination aren't enough.

A whopping 80 percent of New Year's resolutions fail by the first week of February. Most people can relate — motivation is easy to come by when the goal is fresh, new, and exciting. “But once you realize it has to become part of your lifestyle and [you have to form] a habit, it's not as easy to keep that going,” says Jeff Sanders, speaker, author, and host of productivity-focused The 5 AM Miracle Podcast.

“Change is always a difficult thing, and [to be successful in inspiring lasting change] it takes building up habits and creating a structure,” says Ryan Gottfredson, PhD, author of the book *Success Mindsets: Your Keys To Unlocking Greater Success In Your Life, Work, & Leadership*. “But I think a lot of times we struggle in creating a structure that allows us to build good habits.”

Here are some tips to keep that motivation train cruising at high speed until the clock strikes midnight again next year.

Mindset Matters

Whenever you make a goal or resolution, you have every intention of following through with it. But if you really want to succeed, don't focus on your goals and resolutions—focus on your mindset.

Mindset is the lens through which challenge is viewed. When it comes to staying motivated, productive, and focused on crushing your goals, there are two areas of thought — a fixed mindset and a growth mindset (pioneered in *Mindset: The New Psychology of Success*, the groundbreaking 2006 book on motivation, by Stanford University psychologist and TED speaker Carol Dweck.)

With a fixed mindset, you tend to operate under the assumption that the current situation is set in stone; the person you are today — is the person you're going to be forever.

“Those who have a fixed mindset, they don't believe that they can improve and so they're

less likely to invest in themselves and continue investing in themselves when the going gets tough,” says Gottfredson.

With a growth mindset, you believe that with effort, you're capable of growth and change. “Those with a growth mindset, they believe that they can improve and they believe that even if the going gets tough, they still need to keep going,” says Gottfredson.

Those with a fixed mindset believe their innate set of skills, qualities, and talents are pre-determined, and cannot change regardless of intention to change them. On the other hand, those with a growth mindset believe their skills, qualities, and talents, can be adapted, evolved, and developed through effort, hard work, and dedication.

Here's how a better mindset can improve the chances of achieving your resolutions:

Resolution: To exercise more.

With A Fixed Mindset: The first time you find yourself lacking motivation to exercise because the time it takes seems daunting, you'd think “Well, that's it. I am too tired and I just don't have what it takes - I give up.”

With A Growth Mindset: “That approach didn't work, but it is ok — I'm going to try telling myself to do ten minutes of exercise a day and if I go for longer, GREAT!”

Having a growth mindset can make it easier to continue working towards your goals, even if you run into challenges or roadblocks, because of the inherent belief that you're capable of changing and developing the skills necessary to succeed. “Those with growth mindsets are going to be more effortful and more persistent towards goals than those with a fixed mindset,” says Gottfredson.

But how, exactly, can you make the shift from a fixed mindset to a growth mindset? Gottfredson recommends a few different exercises, including:

- **Collect small wins.** In order to develop a growth mindset, you need to truly believe you can improve—so why not give yourself proof? By taking on more manageable challenges — and collecting small wins — you will help prove that you're undeniably capable of making changes and improvements, which can give you the confidence and motivation you need to start working towards bigger goals.

- **Change your internal dialogue.** The way you talk to yourself can play a huge role in your actions and how you feel. If you tell yourself you can't change, you won't — but if you tell yourself you're capable of growth, growth becomes possible.

If you struggle with negative self-talk, (...)

(...) focusing on changing your internal dialogue (for example, telling yourself “I'm learning from X” instead of “I'm failing at X”) can be one of the most powerful exercises for moving from a fixed mindset to a growth mindset.

Self-compassion and giving yourself grace goes a long way. We should treat ourselves with the same kindness and care we'd give to a good friend. Would we ever say to a friend: “Oh my god, you need to lose weight, just look at you”? Of course we wouldn't. We value our friends for who they are, and we don't expect them to be perfect. So why are we so negative and hard on ourselves? Try talking to yourself as you would talk to a friend or a child.

- **Meditate.** Meditation has been shown to increase resilience — or, in other words, the ability to better deal with challenges and bounce back from failure or adversity.

- **Practice Gratitude.** Gratitude is the act of recognizing and acknowledging the good things that happen, resulting in a state of appreciation. Gratitude helps people focus on the positive aspects of their life. Gratitude can help build and maintain relationships with others, resulting in hope, life satisfaction, and more proactive behaviors toward other. Gratitude has been found to be beneficially associated with social wellbeing, emotional wellbeing, psychological wellbeing and physical wellbeing. Simply put gratitude helps people realize and recognize the goodness in our lives and who to thank for it.

Define Your Why

Setting a resolution because you “should” do something may work for a little while — but if you don't have a strong why behind your resolution, it's going to be hard to stay motivated in the long-term. Think about what you really *want* to do and what you want to achieve versus what you **should do** or **should stop doing**. To succeed, you must believe that you can accomplish what you set out to achieve. Instead of thinking ‘what if this doesn't work?’ think ‘what if it does work?’

“If you want to stay motivated, you have to be connected in an emotional way with your goal to begin with,” says Sanders. “It can't just be a logical thing. It really [has to be] an emotional attachment.”

Spend some time defining the why behind your new year's resolutions. Aim for goals that are challenging and you have a good chance of accomplishing.

Don't set the bar too high that you risk failing or bite off more than you can chew - too many goals divide your focus and energy.

It is better to focus on one goal and accomplish one goal versus trying to juggle a million goals and never getting anywhere. If a goal is too large, then it can seem that you are not making progress towards it and you want to remain positive, motivated and determined - not overwhelmed and discouraged.

Make a Plan of Action

When setting goals it is important to be realistic and have a plan. Successful resolutions start with a strong commitment to make a change. Be precise and realistic about your goals and pick goals you know you can stick to. Make what you want to achieve/your goal positive and write it down pen to paper. Use dates and numbers help you measure achievement. Breaking down a large goal into small and achievable and manageable goals or milestones will help you stay excited and keep you motivated to push forward. Keep your written goal/resolution in a place you can see it each day, maybe your bathroom mirror to look at when you are brushing your teeth. Reminders are a great way to help keep you on track! You can even write down your 'why' to keep that connection and motivation.

Think about what the path looks like to attain your goal. How do you feel when you accomplish your goal? By seeing yourself in the position you desire, you can bolster your belief that you can do it and strengthen your motivation. This works for anything! Visualize where you want to be and work back to where you are today to create a plan of action.

Visualizing outcomes that you want can increase your confidence. "Seeing" yourself succeed helps you believe that it can - and will - happen. Visualization helps you "practice" success. When you imagine every step of an event or activity going well, you get your mind and body ready to take those steps in real life. Our minds are more powerful than we give them credit for. Positive self talk, turning your negative words (I can't) into positive words (I can and I will) and visualization creates a powerful mental blueprint for our desired outcomes.

When figuring out your plan include milestones. What do the milestones look like to get to your goal?

When developing your plan create rewards or treats that you will give yourself when achieve those milestones. But spread them out, you want to make sure the rewards remain special and are not too easy to get! Even the most committed person needs a boost, and sometimes that is best accomplished through a little reward or treat! It is important to celebrate those little successes and milestones!

Plan To Fail

One of the biggest reasons people lose motivation to hit their resolutions (and abandon them before February hits) is because they "fail." Have you ever heard the old saying "failing to plan is planning to fail?" As it turns out, planning to fail might not be such a bad idea.

No matter how committed and motivated you are to hit a goal, you're going to run into setbacks, mistakes, and failures. But if you plan—and work them into your goal from them get-go — it becomes much easier to stay committed and motivated in the long-term, even when you get off track.

Embracing failure as part of the process isn't just a way to stay motivated — it might even help you smash your goal in the long run. One recent study found that early failure might actually be an indicator for future success; according to the study, (which studied the career trajectory of scientists), having an early miss in their career increased the probability of participants publishing a successful scientific paper.

For example, if your goal is to workout every day, go into it knowing that there are days you're just not going to be able to make it to the gym (no one's perfect!).

Develop a contingency plan for when you skip a workout — like "if I skip a workout, I won't beat myself up about it; instead, I'll reflect on why I didn't have the motivation to hit the gym that day—and then start fresh the next morning." That way, you don't look at skipping a workout as a "failure;" it's something you planned for and know exactly how to deal with. When you plan to fail, you "already know that's built into the system," says Sanders. "That's a lot easier to then bounce back from...[than] saying, 'I'll stay perfect every single day.'"

Being flexible and adaptable helps you cross the finish line. Know not everything will work out precisely the way that you planned and that is ok! Learn from the slip ups and keep going - every day is a new opportunity!

This is All Too Overwhelming

New Year's resolutions tend to be grand, sweeping life changes. But using the new year as an excuse to completely overhaul your life can be completely overwhelming — and the chances of burning out are high.

Instead of trying to make major changes to your life, pinpoint some smaller goals that you'd like to continuously improve on a daily, monthly, quarterly, and annual basis. By breaking down larger resolutions into smaller, more achievable goals, you'll be able to see more progress in real-time — helping you to stay motivated all twelve months out of the year.

Instead of trying to make major changes to your life, pinpoint smaller goals that (...)

(...) you'd like to continuously improve on a daily, monthly, quarterly, and annual basis. By breaking down larger resolutions into smaller, more achievable goals, you'll be able to see more progress in real-time — helping you to stay motivated all twelve months out of the year.

"Long term is very difficult to plan for. It's hard to see all the changes that will happen over the course of the year," says Sanders. "So anytime you can shorten a goal in terms of the deadline, it really makes that goal much more achievable."

When Motivation Is Lacking, Phone A Friend

It would be great if you were intrinsically motivated and able to hit every goal just because you made a commitment to yourself. The truth is, commitments to yourself are often the hardest to keep. "If your goals are totally isolated, it's just you by yourself — and often times those are the ones where it's too easy to quit," says Sanders.

If you want to stay motivated and productive to hit your goals when that New Year's glow wears off, you should plan to enlist the help of an accountability partner. Even if that is just calling a family member or friend and letting them know your goal. Share with them and let them help you keep the fire going.

Keep Your Resolutions Rockin' All Year Round

So, to recap—losing steam from your New Year's resolutions as time passes is totally relatable. However, there are ways you can keep the motivation alive (through February and beyond!).

- Your Mindset Matters!
- Remember Your Why
- Have a plan and embrace failure as part of the process
- Break down overwhelming goals into smaller more manageable goals with shorter timelines
- Seek help from other sources - family, friends, accountability partners etc.

On the next page we have created a worksheet to help you plan out some goals for this upcoming year. There are also some questions that may help you figure out some ways to enjoy yourself more this year, practice gratitude and live a fulfilling life.

Below is a list of 8 different areas of life. This list is not exhaustive and some may not apply, but is a great snapshot to work off of when creating goals. You could create goals for each area or focus on one specific area. We included it to help you brainstorm and think about your goals.

Health & Physical: health, well-being, how you feel, lifestyle influences (exercise/nutrition)

Personal Growth: mental, emotional, physical, attitude, emotional and spiritual

Personal Development: knowledge, education, pursuits that provide cognitive stimulation

Home & Family Life: shared aspirations to strength bonds, time spent, household chores/obligations, activities/skills to do together, common interest

Leisure & Recreation: hobbies, activities you enjoy, creativity and fun

Occupational: ambitions, dreams and hopes - could be a job, professional engagements, tasks, volunteering

Financial: day to day money management and longer-term financial planning

Relationships/Social/Community: family, friendships and culture

What is one goal you want to accomplish this year? What is the timeframe to complete this goal?

What is your 'why'? How important is this to you? What is the outcome/specific measurable result?

What is a small goal that helps me to accomplish my larger goal? How will I celebrate/reward myself when I achieve this goal?

How will I achieve this goal? What is my plan of action?

Who or what is going to help me achieve my goal?

What will I do if I want to give up? What is my fail plan?

How will my resolution help me become better?

What is my positive affirmation or mantra for myself I can use to set the tone for this year?

What things made me happy recently? Can I do more of them?

Do you want to learn something new or try something new this year, if so what is that? (This could be an activity, skill, class etc.)

Who are people that can help me, I can lean on and I enjoy spending time with? How can I incorporate more time with them?

What have I been saying negatively about myself or have beat myself up over recently and how can I turn that into

List 3 things you are grateful for & how can you incorporate gratefulness in your daily life?:

1.

2.

3.

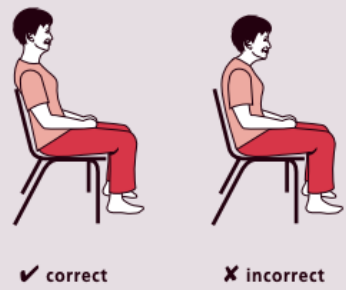
Make Good Posture a Habit

Some of the first noticeable changes with Parkinson's are in your posture. There is a tendency for the shoulders to slump, the chin to stick out, and the elbows and knees to bend slightly. This makes the following more difficult:

- Breathing deeply
- Swallowing
- Speaking clearly and loudly
- Moving, balancing, and walking

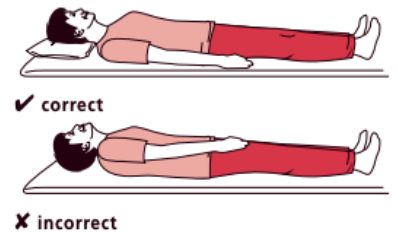
You can change your posture. When trying to develop good posture, repetition is very important. These suggestions need to be practiced frequently throughout your day – do not think of them as exercises to be done once a day and then forgotten. Try to find a cue that will remind you to do these activities frequently. For example, if you are watching TV, you could do one activity each time a show breaks for a commercial.

1. Each day (as often as you can) check your posture. Stand against a wall and be sure your lower back and shoulder **BLADES** are touching the wall. Try to pull the back of your head towards the wall as well. Do not **TIP** your head back. As you walk away try to maintain this posture. Recheck at the next available wall. Or pick a spot in your home, ie. on the way into the bathroom or kitchen. Each time you walk past it, stop and do this posture check.



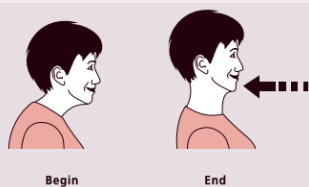
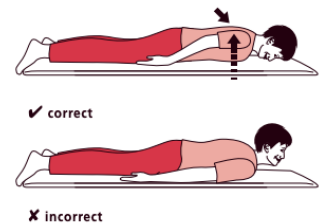
2. When you wake each morning, lie flat on your back, with just enough support to keep your head and neck from tipping back for 5 minutes. Do not press your shoulders or head back into the bed. **RELAX!** Allow gravity to stretch you as straight as possible. You may do this on the floor or other firm surface if you prefer.

3. Every time you sit in a chair, make your shoulder blades touch the back of the chair. Hold for a few seconds. Do this three times, each time you sit down.



4. Sitting in a chair, relax forward and let your arms and head hang down toward the floor. Then slowly roll back up starting low in your spine and letting your head come up last. Sit tall for several seconds. (If low blood pressure is a problem, skip this exercise.)

5. Lie face down on the bed or on a mat on the floor with your arms beside you. Gently pull your shoulder blades together. Keeping your head and neck in a straight line lift slightly. Hold for a few seconds. **DO NOT LIFT WITH YOUR LOWER BACK!**



6. Anytime you are sitting or standing, gently pull your chin straight in and straighten your neck. **BE SURE NOT TO TIP YOUR HEAD BACK.** Hold this position for five seconds and relax. Try not to let your head drop all the way forward again when you relax.

15th ANNUAL “SOLE SUPPORT” FOR PARKINSON’S FUN WALK
Port Orange Lakeside Community Ctr. – Saturday February 24, 2024 - 10:00am-2pm
**Registration Begins at 9:00am

-REGISTRATION FORM-

IMPORTANT: This registration form must be filled out in its entirety, signed, and mailed with your \$25.00 check made payable to the Parkinson Association of Daytona to P.O. Box 4193 Ormond Beach, FL 32175 and be postmarked no later than February 2, 2024. Registration forms received after 2/4/24 cannot be guaranteed an event T-shirt/goody bag. *For children 12 & under the registration fee is \$15.00. For all registrants less than 18 years of age, a parent or responsible adult must designate as a minor child by checking here: _____ and fill out this form in the minor’s name and sign on behalf of the minor child.*

PLEASE PRINT CLEARLY:

Last Name: _____ First Name: _____

Address/City/State/Zip: _____

Phone: (_____) _____ Email Address: _____

Age (if U-18): _____ T-Shirt Size: (circle one) S M L XL XXL

*****All registrants – MUST CHECK IN AT THE REGISTRATION TABLE PRIOR TO THE WALK – at check in you will receive a ticket for door prize drawings.***

Participation Release (PR)

By registering to participate in the Parkinson Fun Walk 2024 (event); I understand and agree, that participating in this event may involve risk of personal injury which may result from not only my own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event is taking place, and or the parameters associated with the event itself. Being in full knowledge to the foregoing, I hereby release, indemnify, and hold harmless the City of Port Orange, the Parkinson Association of Greater Daytona Beach (PAGDB), and all individuals, agents, employees, volunteers, representatives, officers, directors, and insurance companies associated with the PAGDB, of and from any and all liability, claims, demands or causes of action whatsoever arising out of or related to any loss, damage, injury (up to and including death) that may be sustained by me or my property while participating in this event. I further agree, that by participating in this event, that if I suffer any injury or illness, I authorize the event facilitators to use their discretion to have me transported to a medical facility for treatment, and I assume full responsibility for this action. By signing below, I attest that I have read, understand, and agree to the entire content of this PR, that I am in good physical condition and have no medical condition that would be detrimental to my health or wellbeing by participating in this event. Further, I hereby grant full permission to the PAGDB, to use photos, videos, and any other record of me during this event for any purpose, and for which I agree to receive no compensation whatsoever in return. This PR shall be binding upon me, my heirs, my executors, legal representatives, and my assigns. This PR is construed to the laws of the state of Florida. **I agree that I am participating at my own risk.**

Signature of Registrant or Parent/Responsible Adult

Date

_____ **X here if you cannot participate** in the Parkinson’s Fun Walk 2024 **but would like to help support our cause;** all donations are gratefully accepted and much appreciated! Please make checks payable to the Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175. **Thank You!**

The Fun Walk Will Take Place Rain or Shine!

FW/2024

Halifax Health | Brooks Rehabilitation

Adaptive Sports and Recreation - Daytona Beach

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

FOR MORE INFORMATION:

386.871.3024

Christi.Dillard@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

Christi.Dillard@Brooksrehab.org





New Year?
I just got used
to the last one!

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. 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



SUBSCRIBE TO OUR YOUTUBE CHANNEL

PAGDB

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

www.parkinsondaytona.org
 parkinsondaytona@gmail.com

Board of Directors

Vince Kinsler

PAGDB Executive Director
 yovinny57@aol.com

Alaine Keebaugh

Boston Scientific
 Alaine.Keebaugh@bsci.com

Christina Atanasoski

PAGDB Admin & Designer

Ellen Lauturner

elauturn1@gmail.com

Ken Sipes, CPA

Treasurer

Marianne Chapin

Rock Steady Boxing
 mchapin130@gmail.com

Matt O'Malia

matthew.omalia@gmail.com

Nancy Dawson

ndawson0124@gmail.com

Ursula O'Leary

utrudeau@msn.com

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.