



# PARKINSON News

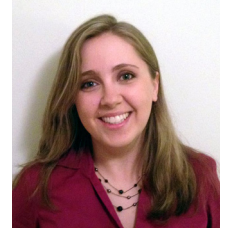
PUBLISHED BY THE PARKINSON ASSOCIATION OF GREATER DAYTONA BEACH (PAGDB)

## ASSISTIVE TECHNOLOGY FOR PARKINSON'S DISEASE

Tuesday, July 18, 2023 • 2:00–3:30pm

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

The PAGDB is pleased to host Carolyn Buchanan, Regional Coordinator and Clinical Instructor with the Florida Alliance for Assistive Services and Technology' (FAAST) Atlantic Region Demonstration Center in the University of Central Florida School of Communication Sciences & Disorders.



Carolyn Buchanan, M.A.,  
CCC-SLP, ATP

Carolyn Buchanan is a licensed speech–language pathologist and assistive technology professional. She is the regional coordinator of the Florida Alliance for Assistive Services and Technology (FAAST) Atlantic Region Demonstration Center and a clinical instructor in the University of Central Florida School of Communication Sciences and Disorders. Carolyn has provided assistive technology assessments, demonstrations, and training for over a decade. She supports individuals across the lifespan in implementing assistive technology to live as independently as possible. Carolyn is a member of many professional organizations and serves on the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA)'s Education Committee, as well as the United States Society for Augmentative and Alternative Communication's Disaster Relief Committee.

In her presentation "Assistive Technology for Parkinson's Disease" Carolyn will provide attendees with an overview of assistive technology (AT) that may help maintain or increase the independence of people living with Parkinson's disease (PD). A review of the FAAST program will be discussed, including categories of assistive technology, relevant service providers, and possible funding sources will be provided. Sample products will also be demonstrated with ample time for questions and answers.

**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

## REMINDER – NO MEETING IN AUGUST. HAVE A GREAT SUMMER!

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## RECENT GIFTS & GRANTS

- ♥ Benevity Community Impact Fund – Gift to PAGDB
- ♥ Carmine & Deborah Mannello – Gift to PAGDB in Memory of Ida Mannello
- ♥ F.O.E. Auxiliary 4435 Ormond Beach – Grant to PAGDB
- ♥ Helene Rice – 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.

## MAY 16TH PROGRAM - FOLLOW UP TAKEAWAYS

For those that attended our May 16th program “Ask the Movement Disorder Specialist” featuring Dr. Richard Dewey, III, they found themselves enveloped in a rare interactive wonderfully organic, and wide open forum with a Movement Disorder Specialist (MDS). This program featured Dr. Dewey in a flow of conscious type of delivery discussing all the latest happenings with PD, including current and pipeline medications, surgical procedures, and environmental issues to name a few. This open forum went non-stop for over an hour and a half and spilled over into “huddling up with the Doc” directly after the program concluded. Many attendees commented on how excellent and enjoyable this program was – some even communicating that it was the best educational program they ever attended!

We cannot Thank Dr. Dewey enough for his graciousness and sharing of his time and knowledge – we hope you'll come back and visit us again in the near future!

**Dr. Richard Dewey, III currently practices at the Parkinson's Disease & Movement Disorder Clinic of Boca Raton Florida 561-392-1818.**



## JUNE 20TH PROGRAM - FOLLOW UP

Our June 20th program was an all-day event featuring two Doctors of Physical Therapy (DPT), Dr.'s Garrett & Taylor Sweringen (owners of MoveMed Rehab Clinic in Ormond Beach) who performed Clinical Fall Risk Assessments for our association members – free of charge! All-in-all fourteen assessments were conducted, those who received the assessments conveyed finding great value in the knowledge they received. We will be conducting a follow up Fall Risk Assessment in early 2024. ***In the meantime, for those who could not attend our June 20th program – and are interested in receiving a free clinical fall risk assessment, please call MoveMed at 386-492-7775 and mention you're from the Parkinson Association of Greater Daytona Beach and you will receive an individual appointment time for a free inperson fall risk assessment.*** Thank you – Dr.'s Garrett & Taylor Sweringen for your time and effort!





# Rock Steady Boxing is coming back to Ormond Beach

Tuesdays & Thursdays 9:00 am - 10:30 am

**Meet Your Coaches ~ July 11**

From 9 am - 10 am

The Kraken (Kelsey) & The Professor (Jon) will kick off our return. Bring your boxing gear for a brief workout to refresh your skills if you were previously working with us.

Please contact us to schedule your FREE assessment required to get you started.\* for either July 13th or 18th

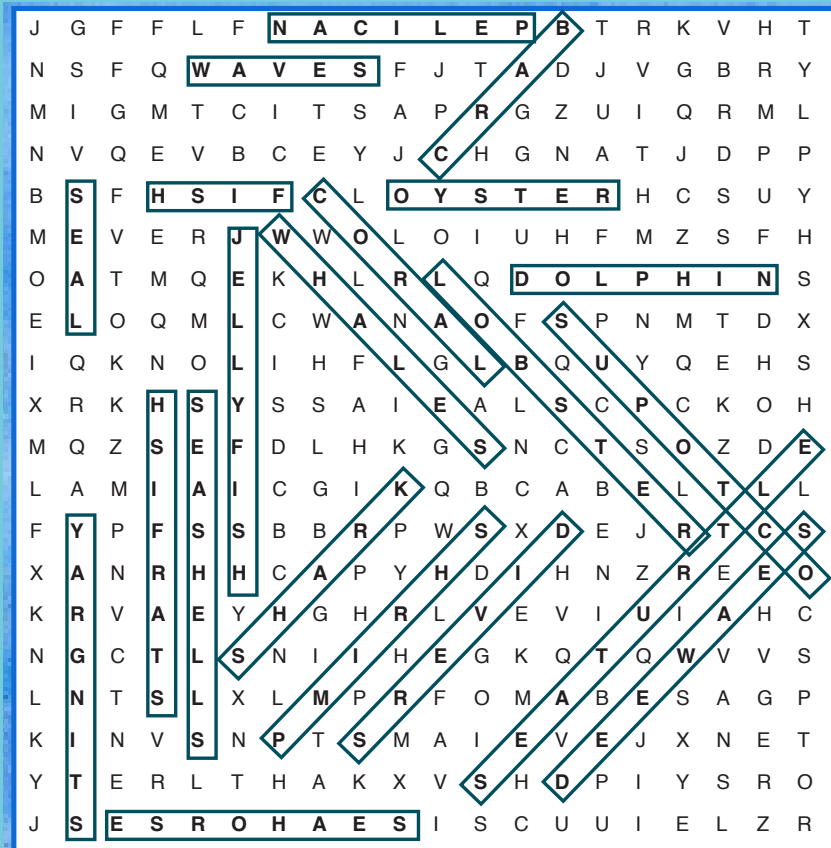
386-314-6673

If you are new or curious about our program to Fight Back against Parkinson's Disease, we welcome you to join us to ask questions.

Body Exchange Boxing Gym  
58 W. Granada Blvd Ormond Bch

Classes to officially begin on Tuesday August 1st, 2023

\*Assessment does NOT include boxing gear.



## Under the Sea Word Search Answers

See **Page 8** in this newsletter for our Summer 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.

# 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](mailto:annette.tracy@halifax.org) or Vince Kinsler at 386-871-3879 Email: [yovinnny57@aol.com](mailto:yovinnny57@aol.com)**

### EAST VOLUSIA

4TH TUESDAY OF EACH MONTH FROM 2-3PM • WOODMARK • 900 LPGA BLVD. HOLLY HILL, FL  
**NEXT MEETING: Tuesday, July 25, 2023 • Tuesday, August 22, 2023**

### WEST VOLUSIA

2ND TUESDAY OF EACH MONTH FROM 2-3PM • WOODLAND TOWERS • 113 CHIPOLA AVE. DELAND, FL  
**NEXT MEETING: Tuesday, July 11, 2023 • Tuesday, August 8, 2023**

## 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](mailto:Reneeshoner@gmail.com).

## ROCK STEADY BOXING

For more information on classes, times and to schedule an assessment 386-314-6673 | [www.inthiscorner.org](http://www.inthiscorner.org)

### NEW SMYRNA BEACH/EDGEWATER

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

### ORMOND BEACH

TUESDAYS & THURSDAYS 9-10:30AM • BODY EXCHANGE BOXING GYM • 58 WEST GRANADA BLVD. ORMOND BEACH, FL

## 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.** [www.inthiscorner.org](http://www.inthiscorner.org) | 386-314-6673

## WHOLISTIC MOVEMENT!

WEDNESDAYS 1:30-3:30PM • 201 SOUTH RIDGEWOOD AVE. SUITE 13 EDGEWATER, FL

A combination of physical exercises designed to benefit the entire being; yoga, dancing, tai chi, stretching, and aerobics. This class is instructed by Gabriela Trotta and offered free of charge. Care providers, wheelchairs and walkers welcome to participate. Attendees must sign in for every class.

## 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.**

# PARKINSON'S: WHEN ANXIETY BECOMES A CENTRAL SYMPTOM OF THE DISEASE

Article Reprinted FR: WPC BLOG – Clinical Science – January 19, 2023

Everyone knows what anxiety is since each of us has already experienced some apprehension before an exam, when speaking in public, or when facing a challenging circumstance. Anxiety is a normal reaction to a threat, a constraint, or an unpredictable situation. In people with anxiety disorders, this reaction is excessive (too intense, too frequent, too long-lasting, no identified cause), disrupts normal daily life and, in the long term, has consequences on overall health.

Anxiety is characterized by emotional (fear, nervousity), cognitive (worries, excessive concerns, lack of concentration, uncontrollable thoughts, ...) and behavioral (avoidance, restlessness, social withdrawal, ...) symptoms often associated with physical manifestations (muscle tension and pain, pounding heart, insomnia, choking, etc.).

About 31% of persons with Parkinson's disease have clinically significant anxiety disorders. It is much more than in the general population with a prevalence of 15 to 20%. The most frequent anxiety disorders in Parkinson's disease are generalized anxiety, social phobia, agoraphobia, and panic disorder (see Table).

PD-related anxiety disorders are more than understandable worry about the future in the context of chronic disease. They are reported at every stage of the disease, sometimes before diagnosis. Some patients, who were not particularly anxious before diagnosis, may develop PD-related anxiety disorders. In patients with anxiety traits before the onset of Parkinson's disease, the manifestations of anxiety will usually be exacerbated by the disease, increasing the difficulties coping with the symptoms of Parkinson's disease. With time, the progressive degeneration of neurons generally increases the frequency and intensity of anxiety episodes.

Anxiety may worsen motor (gait, freezing of gait, tremor, ...) but also non-motor (sleep, cognition, urinary dysfunction, ...) symptoms of Parkinson's disease. Its impact is probably largely underestimated since many healthcare professionals, including general practitioners, are unaware that anxiety disorders are part of Parkinson's disease. Some people with Parkinson's disease do not understand that these changes are a result of their disease, making it even more difficult to talk about them.

Regarding treatment of PD-related anxiety, no drug has shown its effectiveness in a randomized controlled study. Adjustment of dopaminergic treatment can help. Serotonin reuptake inhibitors antidepressants are often used for anxiolytic purposes. Benzodiazepines are not recommended due to sedation, risk of falling, negative impact on cognition and habituation. Nonpharmacological treatments may help.

A recent randomized-controlled trial has shown that cognitive behavioral therapy significantly and sustainably reduces anxiety in Parkinson's disease. Other complementary therapies have also shown some benefits: yoga, mindfulness, breath control. At a minimum, information and education of the patient and their caregiver must be undertaken to become aware that anxiety is a symptom of Parkinson's disease with a possible negative impact on the other symptoms.

One of the main obstacles to the development of treatment for anxiety in Parkinson's disease is the lack of knowledge of the underlying mechanisms.

Anxiety disorders	Clinical manifestations	Point prevalence
Generalized anxiety disorder	Persistent and excessive worries or nervousity about a wide range of situations and issues. It often occurs along with other anxiety or mood disorders.	14.1%
Social anxiety disorders (also called social phobia)	Persistent and excessive fear of social situations, of being judged negatively by others.	13.8%
Agoraphobia	Excessive fear of situations from which it may be difficult to escape or receive help if things go wrong. It is not simply fear of open spaces. It is also fear of using public transportation, going to a shopping center, being in enclosed spaces, standing in a line...	8.6%
Panic disorders	Regular occurrence of sudden episodes of intense fear associated with severe physical reactions while there is no real danger or apparent cause. People are scared and may think they are having a heart attack or are dying.	6.8%

Several works have shown the involvement of the dopaminergic and serotonergic pathways in the occurrence of anxiety in Parkinson's disease. Degenerative lesions of Parkinson's disease disrupt the limbic striatocortical circuit. The amygdala and the anterior cingulate cortex which are key structures in the neurocircuitry of fear playing a primary role in the processing of emotions seem also to be involved. Recent works have suggested that an imbalance between the fear and limbic circuits is at the origin of anxiety in Parkinson's disease. Cognitive behavioral therapy with a focus on inducing brain plasticity could restore this balance. This opens the way to new therapeutic approaches aimed at restoring the correct functioning of these circuits.

Moreover, persons with Parkinson's disease may present atypical anxiety (fear of falling, excessive anticipation of OFF periods, ...). The prevalence of atypical anxiety ranges from 13 to 30% but it is underrecognized since it does not match with usual diagnostic criteria.

Others, influenced by stereotypes associated with mental health, fear being stigmatized by talking about it. The overlap with depression also makes the diagnosis more difficult. Overall, PD-related anxiety is underrecognized and often untreated.

# FREE WHOLISTIC MOVEMENT CLASS FOR PWP BEGINS SUCCESSFULLY!

Approximately 15 people were in attendance for the opening of our new Exercise program "Wholistic Movement" at Pictona in Holly Hill. The class was wonderful as attendees received a whole body workout! The program takes place every Wednesday from 1:30pm-3pm at Pictona in Holly Hill. This class is free of charge! **Welcome back Gabriela!**



**“YOU CAN’T TURN BACK THE CLOCK. BUT YOU CAN WIND IT UP AGAIN.”**

**– BONNIE PRUDDEN**

# WHOLISTIC MOVEMENT!

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



**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 Wednesday (**beginning Wednesday June 14, 2023**) from 1:30pm-3:00pm in Senior Activity Center at Pictona. Pictona is located approximately one (1 block) south of LPGA Blvd. on the west side of Ridgewood Avenue directly across from the City of Holly Hill's City Hall. Attendees can park on the north side of Pictona directly in front of the Senior Activity Center.

This program is made possible by Florida Healthcare, 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.

 **WEDNESDAYS**  
**1:30-3:00PM**

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



OUTPATIENT REHABILITATION



Parkinson Association  
of Greater Daytona  
Beach



SENIOR ACTIVITY CENTER sponsored by:



An Independent Licensee of the Blue Cross and Blue Shield Association

# SUMMER

## word search

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

BEACH  
BOAT  
CAMPING  
COOKOUT  
FLIPFLOPS  
FUN  
HEAT  
ICECREAM  
LEMONADE

OCEAN  
POOL  
POPSICLE  
SAND  
SEASHELLS  
SMORES  
STRAWBERRIES  
SUMMERTIME  
SUNGLASSES

SUNSCREEN  
SUNSHINE  
SWIMMING  
SWIMSUIT  
UMBRELLA  
VACATION  
WATERMELON  
WATERPARK  
WAVES



# THE WELLNESS CORNER

## Music Is Medicine

It has been stated time and time again - exercise is as important as medication. Exercise helps people with Parkinson's lead their best possible lives by helping to counteract Parkinson's symptoms, improve balance/flexibility, reduce falls, help with posture and gait, reduce freezing, improve endurance and help with movement. Exercises like walking, strength training, boxing, dancing, tai chi have beneficial effects on our health, movement and quality of life.

Brain games, puzzles, meditation, using your senses, learning a new skill and reading help exercise our brains and keep us mentally sharp. Did you know music can help exercise your brain and complements the exercise you are already doing to slow the progression of the disease?

The concept of music having a healing effect on the mind and body has been around for thousands of years in ancient times and many cultural beliefs. Music may be uniquely suited to address the different challenges people with PD face in ways more traditional medical interventions cannot.

Engaging with music requires a multifaceted set of skills—keeping a rhythm, hitting the correct notes, or coordinating specific body parts, for example—and may make it particularly effective in activating and reshaping many parts of the brain affected by PD. The brain is not a static object. It is malleable and plastic, able to change its connections and activity based on a person's experience. Simply put, for people with Parkinson's music is therapy and helps our brain "exercise" by creating new neural pathways.

Rhythm is an essential element in both music and many motor-control functions. Music is capable of stimulating synchronized bodily movements and this phenomenon can bring about positive therapeutic effects beyond the pleasure of dancing to one's favorite song. Music can also boost motivation and magnify the effects of exercise.

Several studies show the wide variety of benefits of music - reduces high blood pressure, lowers stress and anxiety, improves sleep, builds connections and pathways in the brain, helps with cognition and can be an effective mood booster. Music is more than just a beat: it can also stir up powerful feelings, which can help PD patients.

"If you want to firm up your body, head to the gym. If you want to exercise your brain, listen to music. There are few things that stimulate the brain the way music does. If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout." - John Hopkins Medicine

Listening to and producing music is associated with increased activity in brain areas involved with reward and emotion and increased release of dopamine. By naturally increasing the brain's dopamine levels, music may partially counteract the loss of dopamine neurons from the progression of PD. As an added benefit, music is intrinsically motivating, which means music therapy is more effective and easier to keep up with compared to other training regimens, like conventional physical therapy.

Recent studies conducted by neurologist Alexander Pantelyat of Johns Hopkins University found that regular choir, guitar, or drum sessions helped patients with Parkinson's disease improve their movement, rhythm and coordination as well as their mood. One recent meta-analysis involving almost 600 participants concluded that music-based movement therapy is an effective treatment for motor function, balance, and walking speed of people living with PD.

Group music sessions also provide a social benefit, establishing a community for PD patients who may otherwise find themselves isolated and lonely. Allowing PD patients to experience camaraderie and develop social bonds likely benefits their mood and quality of life.

"There's no question, anecdotally at least, that music has a very stimulating effect on physical activity," says Daniel Tarsy, MD, a Harvard Medical School professor of neurology and director of the Parkinson's Disease and Movement Disorders Center at Beth Israel Deaconess Medical Center (BIDMC)

Musical interventions can be used to help re-train movement such as walking, and fine and gross motor movements. There is no single musical center in the human brain, since music is processed by dozens of scattered neural networks throughout the brain. This means that music has the ability to activate compartmentalized regions of the brain, such as the motor region.

## Neurologic Music Therapy

Neurologic Music Therapy (NMT) is an evidence-based treatment system that uses research-based techniques to treat the brain using specific elements of music such as rhythm, melody, dynamics, tempo. Research has shown that music can be used to help build new connections in the brain (called neuropathways) thus improving brain function. There are regions in the brain where both sound processing and motor system controls occur creating very direct connections between the two networks.

In NMT therapists use standardized techniques to address non-musical goals such as speech, physical movement, cognition and other functional abilities. Neurologic Music Therapy can change brain activity and function by using different musical instruments, auditory cues and singing. Therapists use timing cues in music rhythm to re-train Parkinson's disease patients in movements like walking, gross (involving movements of the legs, arms or entire body) or fine motor skills (involving movements of the hands, wrists, fingers, feet, toes, lips and tongue), and initiation of speech.

One of the most common Neurologic Music Therapy techniques used with people with Parkinson's is Rhythmic Auditory Stimulation (RAS), which facilitates the rehabilitation of gait by using rhythm to access movement centers in the brain.

Gait abnormalities, such as shuffling steps, start hesitation and freezing, are common and often incapacitating symptoms of Parkinson's. Pharmacological and surgical approaches have only limited efficacy in treating these gait disorders.

Rhythmic auditory stimulation (RAS), such as playing marching music and dance therapy, has been shown to be a safe, inexpensive, and an effective method in improving gait in PD patients. Immediate improvement to walking is seen after introducing an external rhythm through music or a metronome beat. Patients are able to walk in time with the beat, and over time, the beat can be increased and eventually faded out. RAS has been proven to be more effective than physiotherapy, and studies have shown that it has helped reduce the risk of falls in Parkinson's Disease.

**\* [Click here to see how music improve gait and walking in this person with Parkinson's](#)**

There are complementary additions to just music therapy alone that are also beneficial to people with Parkinson's and impact Parkinson's symptoms. This includes playing instruments (drumming, strumming etc.), dance based therapy (dancing to music), song based therapy (singing to music) and psychosocial (thought and behavior). All of these therapies have been studied, are continuing to be studied and shown to be useful and helpful to patients with Parkinson's.

Music stimulates the brain's reward centers, while dance activates its sensory and motor circuits. Dance is a multi-sensory environment - you get the element of exercise and movement, but you also get balance and flexibility. Then add the element of choreography where you have to remember sequences of dance and movement. It's not just physical. It's mental. It's cognitive because you're remembering things. And there's the element of artistic expression, which brings grace to people with a movement disorder.

A first of its kind study published in Brain Sciences today, shows patients with mild-to-moderate Parkinson's disease (PD) can slow the progress of the disease by participating in dance training with music for one-and-a-quarter hours per week. Over the course of three years, this activity was found to reduce daily motor issues such as those related to balance and speech, which often lead to social isolation.

Studies using PET imaging have identified regions of the brain that contribute to dance learning and performance. These regions include the motor cortex, somatosensory cortex, basal ganglia, and cerebellum. The motor cortex is involved in the planning, control, and execution of voluntary movement. The somatosensory cortex, located in the mid region of the brain, is responsible for motor control and also plays a role in eye-hand coordination. The basal ganglia, a group of structures deep in the brain, work with other brain regions to smoothly coordinate movement, while the cerebellum integrates input from the brain and spinal cord and helps in the planning of fine and complex motor actions.

While some imaging studies have shown which regions of the brain are activated by dance, others have explored how the physical and expressive elements of dance alter brain function. For example, much of the research on the benefits of the physical activity associated with dance links with those gained from physical exercise, benefits that range from memory improvement to strengthened neuronal connections.

You don't just need to dance. Studies show the effects of mind-body complementary/alternative medicine practices, like tai chi because of its benefits for both balance and mental function. Research has shown that the increased susceptibility to falls that occurs among people who are aging or who are dealing with disorders such as Parkinson's can be mitigated by the practice of tai chi; it improves their strength and flexibility as well as their cognitive performance. On average, the participants who did tai chi achieved balance measures that were two times better than those achieved by weightlifters and four times better than those participants who stretched. Those people who practiced tai chi also fell less and had slower rates of decline in overall motor control.

### **Sing Your Heart Out**

Singing (Vocal Intonation Therapy (VIT) is a NMT technique) is a highly effective way of stimulating the required neural networks and muscles associated with respiration (breathing) and aims to train aspects of voice control including inflection, pitch, breath control, phonation (production of speech sounds), articulation and resonance (volume), intonation. Singing is also fun and a good way to relieve stress! Song based therapy has been shown to improve voice quality and vocal clarity, as well as, swallow function. Singing, either in your head or out loud, also can be a way to start or regulate walking in Parkinson's too!

These types of therapy can be delivered to groups or individuals and home programs. Listening to music, dancing (even in a chair/seated) and singing are all 'therapies' you can do at home on your own and your loved ones can utilize the techniques at home with you!

A suggestion is to start swapping some of your television time during the day/evening with some time for music. You can start with 30 minutes to an hour a day, you may not even realize how long you have been listening to music for or choose to listen to music more over having the television playing in the background since singing, dancing and listening to music can be such a rewarding, pleasurable, fun experience. Plus it puts you in a great mood and can put a smile on your face. Music, dancing and singing can help PD patients in areas of life that traditional medicine cannot address by providing motor and non-motor benefits.

So how can you incorporate more music into your daily life? Can you make time to sing or dance each day? Can you find a station or channel that you enjoy?

Whether it is on the radio, on a streaming service on your phone or computer (Apple Music, Spotify, SiriusXM), play it through the speakers in your home or even on YouTube. There are so many options these days to enjoy music and it is all at your fingertips. YouTube has a ton of FREE playlists for any genre and as many hours worth as your heart desires. If you have an Amazon Alexa/Google Hub or Speakers (bluetooth, Sonos, etc.) you can listen to music anywhere, anytime throughout your home.

On the following page we have created some questions you can answer to help create your own playlist for a variety of different occasions, reasons and activities. Use this playlist as a basis or source for creating those pathways/connections in your brain (exercising your brain), motivation on the difficult days, a pick me up, a little bit of sunshine or happiness when you are feeling down or as a source for how to help combat some of the challenges you face when your PD symptoms are acting up.

• What are some feel good songs that instantly put you in a good mood?

• What are some songs that are associated with special memories?

• If you were at a wedding or special event, what song would you request the DJ to play?

• If your life was a television show or movie, what song would be the theme song?

• What is a song that has a good beat to it?

• Is there any song you can see yourself walking to the beat of?

• What was your favorite (or a few of your favorite) song(s) as a kid?

• Was there a radio station you loved or remember from childhood? Some of them are still around and can be found by using Google, like Cousin Brucie's Saturday Night Rock & Roll Party.

• What songs make you want to move?

• What songs make you want to dance?

• What are some songs you love (or loved) to dance to?

• Did you play any instruments or are there any instruments you would be interesting in playing?

• What song(s) make you want to sing them at the top of your lungs?

• What songs elicit feelings of being strong, motivated, offer encouragement and give to the ability to power through difficult times? (Ain't No Mountain High Enough, I Will Survive etc.)

• If you could only listen to one song for the rest of your life, what would it be? (What song can you never get sick of?)

## TRUNK ROTATIONS

The purpose of these exercises is primarily to work on your posture and balance by improving the connection between your mind and your body when you move.

Rotation is an important movement in activities such as walking, turning, turning in bed, looking around and reaching. If the body is unable to rotate correctly, the mind will try to cheat with other movements, such as side leaning. This alters the posture and prevents the body from working efficiently. The aim of this exercise is to improve the control of trunk rotation and create better balance. The focus should be on maintaining an upright posture as you turn and not how far you can go.

**Starting position:** Sit up straight on a sturdy stool or chair (making sure that you are not leaning against the back of it.) Your legs should be bent to 90° at the hip and knees, with your feet flat on the floor a comfortable distance apart. Place your arms across your chest.



1. Breathe in and prepare to turn your body to the right.

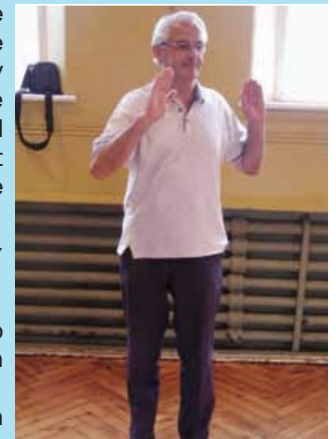
2. As you breathe out, slowly rotate your trunk to the right, twisting as far as you can go without letting your bottom move on the stool/chair. Do not force the movement or overstretch. In time, your range will improve and you will be able to twist round further.

3. Breathe in and prepare to twist the other way. As you breathe out, twist to the left, again turning in one continuous movement from the right as far as you can go to the left without letting your bottom move on the stool/chair.

5. Do the exercise three to four times more.

**Starting position:** Stand with your feet a comfortable distance apart. Hold your hands up at shoulder height so you can see them both out of the corners of your eyes. The relative positions of your head and hands must stay constant throughout the exercise. This will ensure that the movement is occurring in your middle and not your neck or shoulders. Having your hands at this height gives you a visual cue as to when the body is trying to cheat.

**Modified Version: Follow the same instructions, but complete while seated.**



1. Breathe in and as you breathe out, turn the top of your body slowly to the right, maintaining an upright posture.

2. At the end of the movement, breathe in and then breathe out as you turn to the left.

3. Repeat this movement five times in each direction, going a little further each time.

### Progression

• As you turn to the left at the end of the trunk movement, step your left foot round, so your toes face outwards to the left and at 90° to the right foot. As you turn back towards the right bring the foot back into parallel with the right foot. At the end of the trunk movement to the right step the right foot so your toes face outwards to the left at 90° to the left foot.

• Make sure you have fully turned the trunk before stepping.

• If you find it difficult stepping the foot, try swivelling on your heel to turn the foot so that it is at 90° to the other one.

# 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

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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:**  
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# 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**



**HAVE A HAPPY  
SUMMER!  
STAY HYDRATED**

## OUR YOUTUBE CHANNEL

Some previous webinars and monthly meetings are available on Youtube channel! 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](#).

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