



# PARKINSON News

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

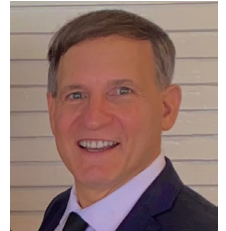
## PARKINSON'S DISEASE – MORE THAN MOTOR SYMPTOMS

**NOTE:  
DIFFERENT DAY**

**Friday, March 22, 2024 • 2:00–3:30pm**

Woodmark Pacifica Senior Living • 900 LPGA Blvd. Daytona Beach

When most people think of Parkinson's, they think of tremors, stiffness, or slowness of movement. Many people are unaware that PD can affect thinking, mood, and behavior, among other changes. For people with Parkinson's and their caregivers, living with the motor symptoms can be hard, but behavior changes can be even more frustrating and challenging, and these changes can have a huge impact on quality of life. No two people with Parkinson's are the same, and most people do not develop every symptom. **However, about 20% of all people with PD will experience some form of hallucinations or delusions, and the number increases the longer you live with the disease.**

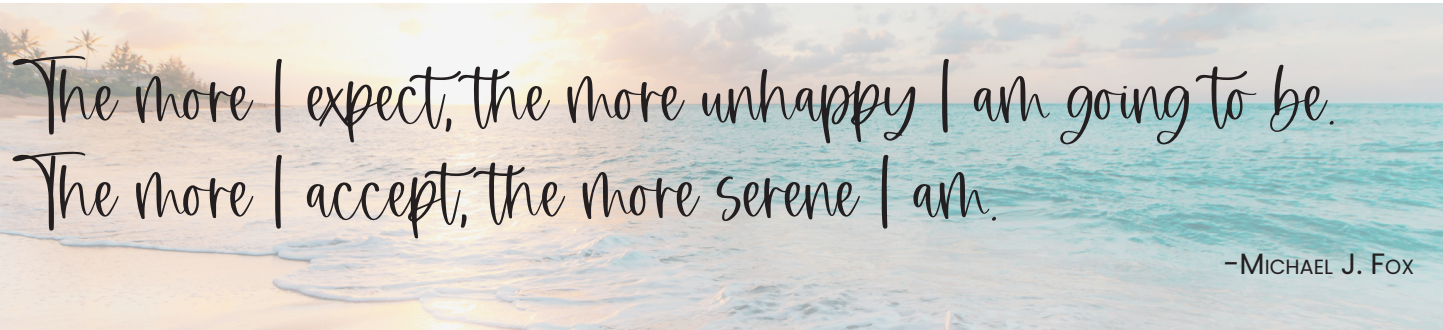


Dr. Mark Klafter

The PAGDB is delighted to host **Dr. Mark Klafter, DO, Neurology Attending Physician, Group Founder and President of Neurological Services of Orlando Florida.** In this program, Dr. Klafter will discuss non-motor symptoms of PD, and describe the symptoms of PD-related hallucinations and delusions, he will also discuss ways you can talk to your healthcare provider about your symptoms to establish an appropriate treatment plan.

**This event requires an RSVP!** To secure your reservation online go to: [www.parkinsondaytona.org/monthly-meetings](http://www.parkinsondaytona.org/monthly-meetings) or to directly register now by **click the button below**, or you can call **386-871-3879**.

[Register for Meeting](#)



The more I expect, the more unhappy I am going to be.  
The more I accept, the more serene I am.

-MICHAEL J. FOX

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## RECENT GIFTS & GRANTS

- ♥ Anonymous Donor 1 via Network for Good – Donation to PAGDB
- ♥ Anonymous Donor 2 via Network for Good – Donation to PAGDB
- ♥ Anonymous Donor 3 via Network for Good – Donation to PAGDB
  - ♥ PayPal Giving Fund – Donation to PAGDB
  - ♥ Brenda Hurley – Donation to PAGDB in Honor of Carol Croft
  - ♥ Randall Moore – Donation to PAGDB in Memory of Ann Wise
- ♥ Paula Maiorano – Donation to PAGDB in Honor of Teresa White
  - ♥ Don Henderson – Donation to PAGDB for Fun Walk 2024
  - ♥ Eleanor Bailey – Donation to PAGDB in Memory of Joan Lynn

**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](http://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](#)

## PD & SLEEP DISORDERS

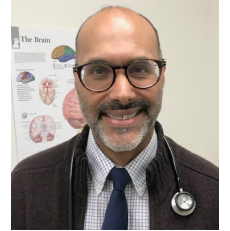
Tuesday, April 16, 2024 • 2:00–3:30pm

Woodmark Pacifica Senior Living • 900 LPGA Blvd. Daytona Beach

The PAGDB is pleased to announce **Dr. Mandeep Garewal** as our guest presenter for April. A Neurologist whose clinic treats a variety of neurologic health maladies including Parkinson's disease and sleep disorders; In his program **"PD & Sleep Disorders"**, Dr. Garewal will address how PD may cause a multitude of sleep related issues including: acting out in dreams, insomnia, sleep apnea, and disruptive sleep patterns – all affecting quality of life issues.

Dr. Garewal's clinic is located at 325 Clyde Morris Blvd. Suite 390 Ormond Beach, FL 32174 386-676-6335.

**This event requires an RSVP!** To secure your reservation online go to: [www.parkinsondaytona.org/monthly-meetings](http://www.parkinsondaytona.org/monthly-meetings) or to directly register now by **click the button below**, or you can call **386-871-3879**.



Dr. Mandeep Garewal

[Register for Meeting](#)

## WHAT CAN I DO ABOUT DROOLING?

If you tend to drool, you probably don't have more saliva than you used to have; you are just not swallowing it as frequently or as automatically as before. Frequent sips of water or sucking on ice chips during the day can help you swallow more often. When you are not talking or eating, keep your head up, with your chin parallel to the floor and your lips closed. Sugar tends to produce more saliva in the mouth, so reducing sugar intake can be helpful.

One trick is to suck on hard candy or chew gum, preferably sugarless. Candy and gum activate the jaw and the automatic swallowing reflex and can help clear saliva, providing temporary relief from drooling. Another tactic is to wear a sweatband on your wrist. This can be used to discreetly wipe the mouth as necessary and is a relatively inconspicuous accessory.



April is National Parkinson's Awareness Month

### Did you know?

That the PAGDB is one of several local non-profit organizations that have been chosen to benefit from fund raising events conducted by the Daytona Beach Blues Society (DBBS).

The DBBS is a local 501(c) (3) non-profit organization that promotes and supports Blues Music & Musicians in our community in part through promoting and staging music events. The DBBS then donates a portion of the proceeds generated from these events to other local non-profits to help support them and their causes – **what a great idea!**

If you, your family, friends, or neighbors want to get out and have a good time and enjoy some great music while supporting your community – check out the "Turkey Blues Fest Flyer" enclosed in this newsletter.

To see more upcoming events or to find out more about the Daytona Beach Blues Society, check out their website at: [www.daytonabeachbluessociety.org](http://www.daytonabeachbluessociety.org).

A BIG Thank You goes out to PAGDB Board Member – Ursula O'Leary for being instrumental in getting the PAGDB chosen as a benefactor of the Daytona Beach Blues Society!

## Adaptive Pickleball

Brooks Rehab hosts an Adaptive Pickleball 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.

**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](mailto:annette.tracy@halifax.org) or Vince Kinsler at 386-871-3879 Email: [yovinny57@aol.com](mailto:yovinny57@aol.com)**

### EAST VOLUSIA

4TH TUESDAY OF EACH MONTH FROM 2-3PM • WOODMARK • 900 LPGA BLVD. HOLLY HILL, FL

**NEXT MEETING: Tuesday, March 26, 2024 • Tuesday, April 23, 2024**

### WEST VOLUSIA

2ND TUESDAY OF EACH MONTH FROM 2-3PM • WOODLAND TOWERS • 113 CHIPOLA AVE. DELAND, FL

**NEXT MEETING: Tuesday, March 12, 2024 • Tuesday, April 9, 2024 • Tuesday, May 14, 2024**

## WEST VOLUSIA (LAKE HELEN) SUPPORT GROUP

1ST WEDNESDAY OF EACH MONTH FROM 2-4PM

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

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

**NEXT MEETING: Wednesday, March 6, 2024 • Wednesday, April 3, 2024 • Wednesday, May 1, 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](mailto:Reneeshoner@gmail.com).**

## **NEW!** DELAND - FREE GROUP EXERCISE PROGRAM

BROOKDALE SENIOR LIVING • 1210 STONE STREET, DELAND

Specifically designed for People with Parkinson's to improve physical fitness and mobility. Care providers are encouraged and welcome to attend! **RSVP to: Tami Davis / Apex Home Health 386-228-7696. See corresponding Flyer enclosed with this newsletter. First Class is Wednesday March 20, 2024 at 9:30am.**

## YOGA & DANCE NSB

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

Combination yoga and dance class that is well coreographed to include upper/lower body, cardio, breathing exercises. Instructed by Gabriella Trotta. **This class fills up quickly & seats are limited. 386-314-6673 | [www.inthiscorner.org](http://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

Adaptive Pickleball • Adaptive Sports & Recreation Programs • Exercise & Wellness Programs. See flyers and information in this newsletter for days, times and locations of these programs.

## SLEEP AND PARKINSON'S: NON-MOTOR QUALITY OF LIFE

Article Reprinted FR: Parkinson Foundation website (Parkinson.org) Science News – July 26, 2021

Restorative sleep is vital for optimal physical, mental, and emotional health. Sleep disorders are one of the most disabling non-motor symptoms of Parkinson's disease (PD), affecting more than 75 percent of people with PD.

A recently published study in the Journal of Parkinson's disease, "Slow Wave Sleep and EEG Delta Spectral Power are Associated with Cognitive Function in Parkinson & Disease" (Wood et al., 2021), investigated the relationship between sleep and cognition.

There are four stages of sleep: one for rapid eye movement (REM), and three others for non-REM (NREM) sleep. Stage three, or slow wave sleep (SWS), is one of the three NREM sleep stages, and is considered the deepest and the most restorative of the four stages of sleep. During SWS, the brain produces slow, deep waves, called delta waves, and can be measured using an electroencephalogram (EEG) in a medical office during a sleep study.

Cognitive issues affect about 30% of all people with PD. These symptoms can negatively impact everything from thinking and memory to problem-solving. People with PD may experience:

**Mild cognitive impairment:** feelings of distraction or disorganization, along with finding it difficult to plan and accomplish tasks.

**Significant cognitive impairment:** inability to perform common tasks such as making coffee, comprehending complex sentences, and problems telling apart non-familiar faces. Often associated with caregiver distress, worse day-to-day function, diminished quality of life, poorer treatment outcomes, greater medical costs, and increased mortality.

In this observational study, 32 people with PD were enrolled; 16 had high levels of deep sleep (more than 15.8% in SWS) and 16 had low levels (less than 15.8% in SWS). There were no significant differences between the groups in terms of age, disease duration, stage or medications taken known to affect sleep — although more women had high levels of deep sleep than men.

All were evaluated with polysomnography (a type of sleep study that monitors sleep stages and cycles to identify if or when sleep patterns are disrupted). Sleep was measured in all participants with an actigraph (a wearable wristwatch-like device that records total sleep time, how long it takes to fully fall asleep, wakefulness after sleep onset, nocturnal awakening, and quality of sleep).

To obtain a Composite Cognitive Score (CCS) — the measurement used in this study — the researchers analyzed a wide variety of neurocognitive tests, such as (...)

(...) such as Attention/Working Memory Domain (letter-number sequencing), Hopkins Verbal Learning Test (total immediate recall and delayed recall), Spatial Recall Test (immediate and delayed), Processing Speed and Language. Additional tests were also used to measure estimated intellectual function and overall cognitive function.

### Results

Participants with high amounts of slow wave sleep performed better in the following areas:

**Global cognition:** the main measurement of overall cognitive function

**Executive function:** brain functions that include attention or concentrate, to multitask and solve problems

**Language:** analyzes cognition decline, through a neuropsychological test that asks participants to name as many animals as possible in a minute

**Processing speed:** helps show how the brain processes information. Participants are asked to name a color that is written using a different color (for example: Blue, Red)

### What do these results mean?

Sleep dysfunction is common in people with PD. While it is well-known that poor sleep worsens motor symptoms, this study demonstrates a significant relationship between slow wave sleep (SWS) and cognitive function: Those with higher SWS had better cognition than those with lower SWS. These findings have far-reaching quality-of-life implications.

As suggested by the study authors: the percentage of SWS is potentially a modifiable protective factor. For example, there are prescription medications (such as sodium oxybate) that increase SWS in Parkinson's, as well as non-pharmacologic interventions, such as exercise, which have been shown to increase SWS in both PD and non-PD populations.

Thus, it is imperative that sleep quality issues in the PD population garner more attention, including, but not limited to, a more robust exploration of possible interventions, and an improvement in disseminating currently known sleep improvement information.

To learn more about sleep, visit the Parkinson's Foundation website, or by calling our free Helpline at 1-800-4PD-INFO (473-4636) for answers to all your Parkinson's questions.

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*Having Sleep issues? To arrange an appointment to visit a Neurologist that specializes in sleep issues; please feel free to call Dr. Mandeep Garewal' office located at 325 Clyde Morris Blvd., Suite 390 Ormond Beach, 32174 (386) 676-6335.*

## Looking for help in diagnosing PD?

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.

To learn more about CND Life Sciences visit their website at: <https://cndlifesciences.com/>

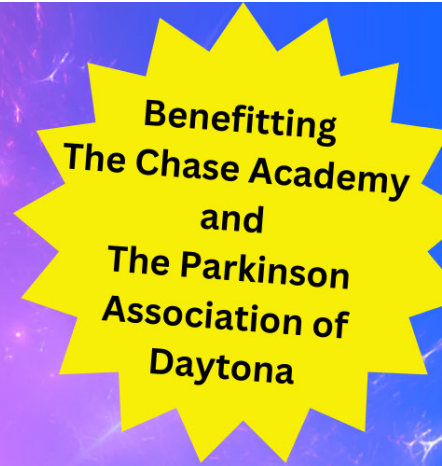
For information about the Syn-One Test or to find a Syn-One Clinician, please call 480.569.2900, option 1 or email [support@cndlifesciences.com](mailto:support@cndlifesciences.com).

For CND Life Sciences Patient Services, please call Sarah Winter, MSW, LICSW at 480-525-8651 or email [patientservices@cndlifesciences.com](mailto:patientservices@cndlifesciences.com).

# PICKLEBALL ANYONE?

**Free Pickleball for People with Parkinson's! Every Wednesday at Pictona from 2:30-3:30pm. Compliments of our friends at Brooks Rehab & Pictona!**





**March 23, 2024 1 pm to 9 pm**  
**Ormond Brewing**

**301 Division Ave, Ormond Beach FL 32174**

**The Turkey Blues Fest** is a fundraiser hosted by the **Daytona Beach Blues Society**. There are three great bands, a Grammy nominated solo performer, and an excellent beverage selection for a great cause.

**Bring your own chairs!**

Free admission but donations are encouraged.

**Band Performance Schedule:**

The Taylor Road Band 1 pm to 3 pm

Debbie D. & Vintage Now! 4 pm to 6 pm

Voodoo Monkeys 7 pm to 9 pm

**Grammy nominee Chance Gardner** 3-4, 6-7  
on the Garden Stage.

(Rain date TBA)



**KEEP THE BLUES ALIVE!**



# 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.*

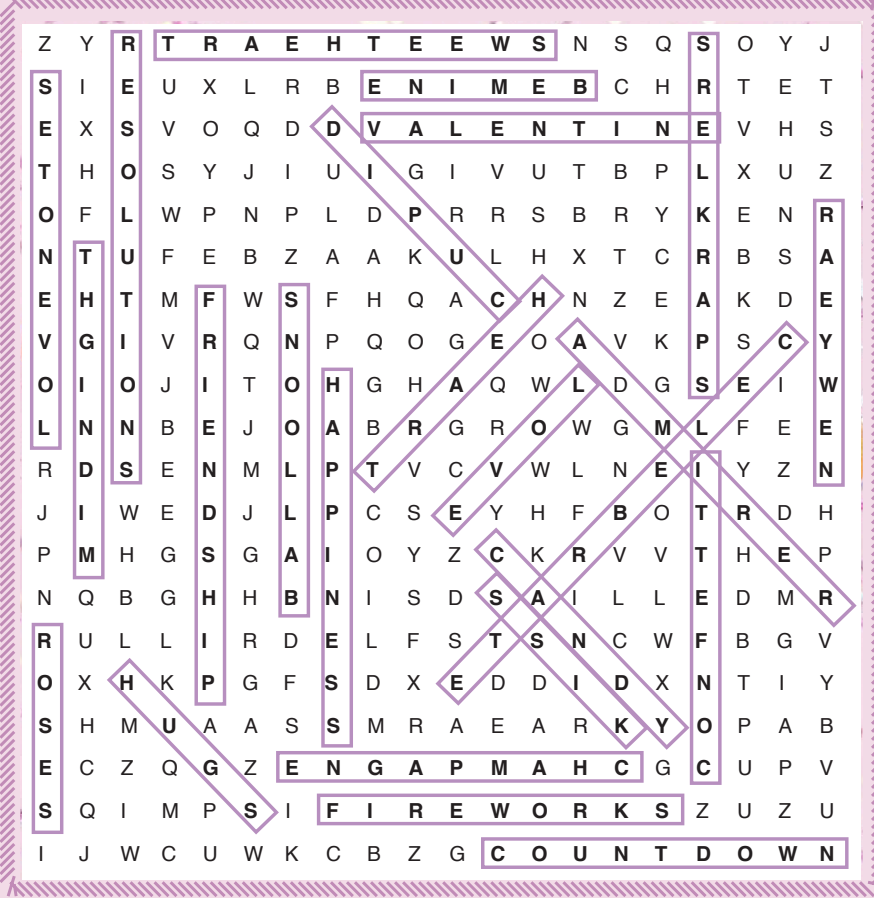
**386-314-6673**



## Word Search Answers

See **Page 9** in this newsletter for our Spring 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.





## Free Group Exercise Class for Parkinson's Patients

Group exercise class designed specifically for Parkinson's Patients to improve physical fitness and mobility. Caregivers are also welcomed to attend each session.

**Wednesday, March 20, 2024**

Class Begins: 9:30 am

**Brookdale Senior Living**

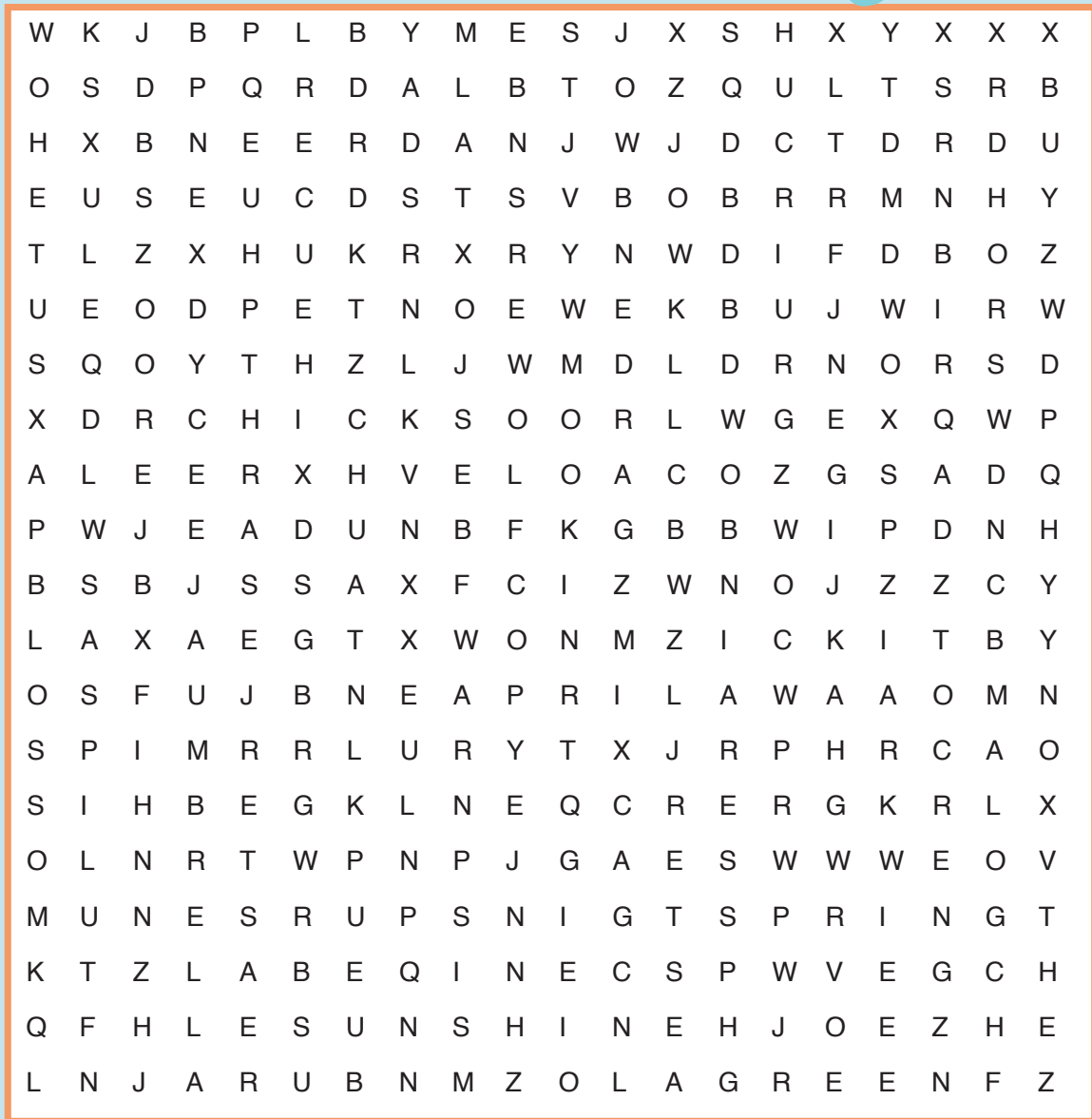
1210 N Stone St | DeLand, FL 32720

**RSVP:** Tami Davis | Apex Home Health  
386-228-7696





# Hello Spring



APRIL  
 BASKET  
 BIRDS  
 BLOSSOM  
 BREEZE  
 BUNNY

CARROT  
 CHICKS  
 EASTER  
 EASTER EGGS  
 FLOWERS  
 GARDEN

GREEN  
 HATCH  
 LAMB  
 MARCH  
 PUDDLE  
 RAIN

RAINBOW  
 SEEDS  
 SPRING  
 SUNSHINE  
 TULIPS  
 UMBRELLA



# WHOLISTIC MOVEMENT!

## 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 offer **Wholistic Movement!** - an exercise program for PWP.

**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 is our instructor for 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!** is held on Thursday's 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**



An Independent Licensee of the Blue Cross and Blue Shield Association

# THE WELLNESS CORNER

## Reframing our thoughts can be a useful tool in navigating Parkinson's

A different perspective can make adapting to change easier

I was in line behind a young mother at the grocery store last week. She was probably in her early 40s and had three beautiful children in tow. The line moved slowly, so I was stuck listening to her lengthy cellphone conversation. She was loudly discussing her problems and focusing on the difficulties of driving her kids to their activities, play dates, and school drop-offs and pickups.

I didn't think much of it until I got into my car alone. I looked in my rearview mirror, and nobody was in the back seat. I looked one more time in hopes they would appear — "they" being my kids. No such luck; I was alone.

That got me thinking about the woman in the store. I'm not one to judge others, and I have no idea about this woman or her life. But as I drove home alone, I wished (selfishly) that I could have more driving time with my kids, who are now adults. I wished the woman at the store would realize how precious and fleeting those moments are. Some of my most meaningful conversations with my children were held in the car. Without the pressure of direct eye contact, kids are more likely to open up and be honest. And don't even get me started on the fun of driving their pals around town. Pure joy.

I then started to consider the importance of our view. You may be faced with many different types of problems in your life, from chronic illness to a debilitating diagnosis, or even the stress of driving young children. No matter what your issues are, you see them through your own lens.

But viewing our problems through a different lens can change everything. When we adjust the way we think about and respond to stress, it's called reframing. You may begin to view something like sitting in traffic as an opportunity to listen to music, podcasts, or books, or enjoy the pleasant views. That woman could view the "annoying" time spent driving her children as a moment she'll never be able to get back or replace, and become thankful for it instead.

Saying "I get to ..." is another way of reframing our thoughts. When driving your car, did you ever stop to think that some people aren't physically able to drive? Or that many aren't able to afford a car and auto insurance?

Instead of agonizing about how tiring driving is, you can adjust your thoughts and consider how lucky you are to have a car and be able to drive. Rather cool, huh?

Adjusting our perspective on Parkinson's

Parkinson's disease changes everything, no matter your age or stage of life. So much of what is lost may have been taken for granted before the diagnosis. Everyday activities such as cutting your own food, getting dressed independently, and driving are among the many skills eventually lost due to Parkinson's. How can we reframe those losses to make acceptance easier?

My husband, Arman, who was diagnosed at age 38 with early-onset Parkinson's disease in 2009, tries to see the bright side of those losses. While he misses the independence of having his own car and the freedom to go places alone, he jokes that we are like the movie "Driving Miss Daisy," with him being Daisy (the passenger) and me being Morgan Freeman's character (the driver). He uses humor to reframe his thoughts and find joy in our time together on the road. In addition, he immediately falls asleep in the car, which would not be safe if he were driving!

There are many strategies and ways to reframe your thoughts to help you get through tough times in life. When you find the best tool that works for you, use it, and use it often. While it won't change the diagnosis or the future, it may make life a little easier along the way.

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<https://parkinsonsnewstoday.com/columns/reframing-thoughts-useful-tool-navigating-parkinsons/>

## TECHNOLOGIC ADVANCEMENTS

### UCF Wound-healing Technology Also Shows Promise for Parkinson's Patient

**The tremor, rigidity, and slowness of movement associated with Parkinson's affect up to 10 million people worldwide.**

Researchers at UCF's College of Medicine who developed a new wound-healing technology report that their innovation may also be a promising treatment for Parkinson's disease.

The technology developed by Frederick Carrick, professor of neurology at UCF's College of Medicine, and Kiminobu Sugaya, professor of medicine and leader of the Neuroscience Division at the Burnett School of Biomedical Sciences, speeds healing through specially designed ceramics wrapped in a rubber blanket. When the UCF researchers used the ceramic far-field infrared (cFIR) blanket to treat a Parkinson's disease patient's non-healing wound, they found the technology also decreased his hand tremor and frozen gate.

Parkinson's is the most common motor disorder and the second most frequently diagnosed neurodegenerative disease after Alzheimer's disease. The tremor, rigidity, and slowness of movement associated with Parkinson's affect up to 10 million people worldwide. Although there are drugs to treat Parkinson's disease, they provide only temporary relief from the movement and tremors patients experience.

Carrick explained that the researchers used mice models that simulate Parkinson's disease in humans. The team found that the models treated with the ceramics had much better control of their balance and movement. Excitingly, even normal healthy mice that were treated with the ceramics improved their balance and movement. Carrick stated that their investigation showed the treatment increased the number of brain cells in the areas of the brain associated with Parkinson's disease. They also were able to increase the number of brain cells in normal healthy mice.

Sugaya stated that one of the benefits of using the ceramic blanket is that it can be used anywhere, without the need for a power supply and without the side effects commonly found when injecting chemicals or drugs. Because of that, the new ceramic blankets are ideally suited for use in combat situations or civilian applications in remote areas.

Because of their potential in treating combat injuries, the research is of interest to the military and the UCF abstracts are being published online and in supplements in the Journal of Military Medicine and the Journal of Trauma & Acute Care Surgery.

The (cFIR) blanket was developed by Gladiator Therapeutics, located in Whitehall, Pennsylvania. The UCF research team is conducting ongoing research on the use of the ceramic blanket in treating Alzheimer's, Parkinson's, traumatic brain injury and heart failure. They have recently developed a new Alzheimer's therapy combining drugs affecting stem cells that increase the development of brain cells and improve brain function. They are also the first to transplant stem cells isolated from the human brain to aged rats where they showed increased development of new brain cells and improvement of cognition. Besides their research using the cFIR blanket, they are also working on developing a new treatment for glioblastoma multiforme (a type of brain cancer) using gene therapy with a unique delivery system.

<https://www.ucf.edu/news/ucf-wound-healing-technology-also-shows-promise-for-parkinsons-patients/>

## FLEXIBILITY TRAINING

**Flexibility training is an important component in an exercise program for people with Parkinson's Disease to help prevent forward stooped posture, but there are many other benefits as well!**

Parkinson's Disease can affect the resting tone of muscles and lead to increased muscle tightness, rigidity, and dystonia. Rigidity refers to muscle stiffness that can occur in the arms, legs, or trunk on one or both sides of the body. Dystonia refers to painful, prolonged muscle contractions that cause abnormal movements and posture. Parkinson's Disease causes a net inhibition of the extensor muscles which leads to over-activation of the flexor muscles. When the flexor muscles (such as the chest, fronts of the hips, backs of the knees etc) become over-active, it can pull us into a forward stooped posture where the shoulders are forward and rounded, the trunk is flexed forwards, the head is looking down towards the ground, and the knees are bent. It is important for everyone with Parkinson's Disease to perform exercises that focus on maintaining flexibility.

Flexibility training has many benefits such as:

- Improving muscle length and joint range of motion
- Reducing pain
- Reducing rigidity and dystonia
- Improving upright posture
- Improving lung function and volume
- Reducing risk for injury
- Reducing stress and anxiety

Posture and Balance:

Performing flexibility training can help prevent forward stooped posture and improve balance, reducing the risk of falls!

In 2005, Jacobs et al examined whether or not stooped posture could help explain why people with Parkinson's Disease have multidirectional postural instability. This study examined data including EMG (muscle activation) as well as forces and joint angles of individuals with PD and stooped posture compared to healthy controls in response to perturbations (just like the pull test that is performed by your neurologist when they pull you backwards). They found that the subjects with stooped posture had a smaller size and slower speed in terms of their reaction to the perturbations meaning they had a smaller stability margin and more trouble recovering their balance. They found that although stooped posture doesn't fully account for postural instability in Parkinson's Disease, it does seem to contribute to the postural instability. They concluded that stooped posture is in fact a destabilizing posture.

Another study conducted by Colebatch et al in 2018 examined the role that rigidity plays in balance reactions in individuals with Parkinson's Disease. They found that individuals with PD did in fact have increased resting tone in their muscles meaning their muscles are tighter and not as "relaxed". Their results showed that this increase in resting muscle tone found in PD was correlated with less successful balance reactions and an increased risk for falls.

Exercise Prescription:

Flexibility training can help to address the increase in resting muscle tone and the postural deficits that are often seen in Parkinson's Disease. It is recommended that individuals with Parkinson's Disease perform some form of flexibility training every day to get the most benefit.

There are two forms of stretching that are recommended, see page 12 (the next page) to learn more about the two forms of stretching and some flexibility/stretching exercises to try at home!

**Static stretching** means staying in one position to stretch a muscle group. Static stretching is a traditional method of stretching, which involves holding a stretch for an extended period of time, usually 30 seconds or longer. This type of stretching aims to increase flexibility by elongating and relaxing muscles. Static stretching can help to improve range of motion, reduce muscle tension and promote relaxation. However, some studies suggest that static stretching before exercise can lead to a decrease in muscle power and performance. This may be because static stretching reduces blood flow to the muscles and temporarily decreases muscle activation.

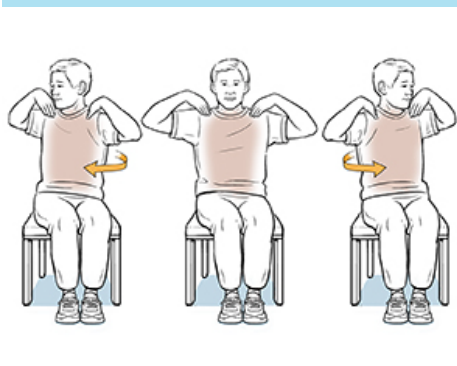
Static stretching should be performed in the morning or at night. Perform static stretching **after** exercising. Stretching should be performed for all major muscle groups with an emphasis on the chest muscles, hamstrings, and hip flexors. Each stretch should be held for at least one minute total but this can be broken into two sets of 30 seconds or whatever works best for you! (Think: bending over or sitting and touching your toes, quad/hamstring stretch)

**Dynamic stretching**, on the other hand, involves moving through a range of motion to stretch muscles while warming up the body. This type of stretching aims to increase blood flow, muscle temperature and flexibility, and it can enhance strength and power. Dynamic stretching is often used as part of a warm-up routine before exercise, and studies have shown that it can improve athletic performance. Motion is the lotion of a joint! (Think: Arm circles, walking lunges, leg swings)

So, which is better: static or dynamic stretching?

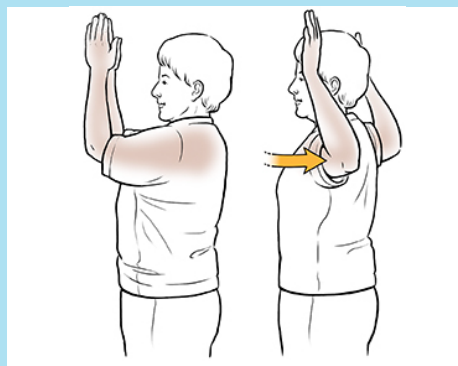
The answer is, it depends on your goals and the type of activity you are preparing for. For example, if you are preparing for a jog, strength training, or doing any type of sport, a dynamic warm-up that includes movements specific to the activity is recommended. This can help to increase blood flow, improve range of motion and enhance performance. After the activity, static stretching can be used to cool down and promote relaxation.

Both static and dynamic stretching have their benefits, and it is important to understand the purpose of each type of stretch to determine which one is best for you. Incorporating stretching into your exercise routine can help to prevent injury, reduce muscle tension and promote relaxation. Remember to consult with a healthcare professional before starting any new exercise routine. Finally, if you're reading this in a forward stooped posture, here is your reminder to sit/stand up tall! :)



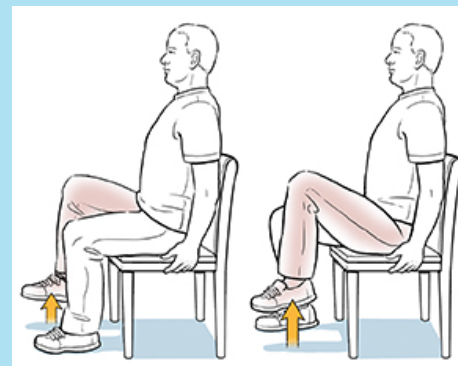
### BODY TWIST

- Sit in a chair, facing forward. Place your hands on your shoulders.
- Turn your head and body to the side as far as possible, as if you were trying to look behind you.
- Return to starting position, then turn to the other side.
- Repeat 10 times.



### BACK STRETCH

- Stand or sit with your back straight.
- Hold your arms in front of you. Put your hands and elbows together, hands pointing toward the ceiling.
- Move your arms apart as far as possible, pushing your shoulder blades together.
- Slowly move your hands back together.
- Repeat 10 times.



### SEATED MARCH

- Sit in a chair, facing forward.
- Slowly lift one knee as high as you can, then lower your foot to the floor.
- Do the same with your other leg.
- Repeat 10 times with each leg.

# 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>TUESDAY</b>	
<b>TUESDAY</b>	<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>WEDNESDAY</b>	
<b>WEDNESDAY</b>	<b>ERG Rowing</b> 3:00–5:00PM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	
	<b>THURSDAY</b>	
<b>THURSDAY</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>FRIDAY</b>	
<b>FRIDAY</b>	ALTERNATES EVERY FRIDAY	
	<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

Christi.Dillard@Brooksrehab.org



CENTER FOR INPATIENT REHABILITATION

**You do not need to be athletic to participate, these programs are provided FREE of charge!**

# 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](mailto:Christi.Dillard@Brooksrehab.org)



**\*Cost for these programs is \$15.00 per month for YMCA members, and \$30.00 per month for non-YMCA members.\***



**What instructions do they not need to put on Parkinson's medications?  
Answer: Shake well before use.**

Corny, I know, but hopefully you cracked at least a small smile. If so, my job here is done. Just kidding.

What does this have to do with Parkinson's disease? A study by researchers at Northwestern University showed that comedy improvisation helped patients with their ability to focus, facilitated communication, and just made people feel better overall.

Parkinson's patients tend to develop what is called Parkinson's mask, which is the loss of facial expressions. Yet when we laugh, our face muscles tend to relax. Therefore, laughter can help to relieve Parkinson's mask, since it is impossible to laugh and have no facial expression.

Humor is kind of a shock absorber in our lives. Those of us with Parkinson's can take back some control of our lives by making fun of ourselves and the utter absurdity of the world we find ourselves in. We can break the ice and make others feel more comfortable by telling a joke at our own expense. We can blame our clumsiness or brain farts on Parkinson's and relieve the pressure we may feel as the one who is "different."

While laughter therapy and comedy improv can be helpful, it is just as important to laugh in your everyday life and try to live life to the fullest!

**PAGDB**

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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. **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**

**Thank you to everyone  
who attended our  
Annual Fun Walk!**



**SUBSCRIBE TO OUR YOUTUBE CHANNEL**

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.