PD Exercise Newsletter

Greater Charleston Farkinson's Disease Support Group

Local Rock Steady Boxer on TV!!

Beth Plante, a charter member of Rock Steady Boxing Charleston at Grit Box Fitness, will be featured in a spot on Channel 2's News 2 Midday during the 11 am program this coming Monday, April 30! She'll be talking about *Moving Day Charleston*, the super South Carolina Parkinson's Disease event coming to the James Island County Park on Saturday, June 2. Don't forget to tune in for this local PD media story!

Volume 1, Issue 4

April 2018

New this month

- Local PD Boxer on TV!
- Rock Steady Boxing Comes to Murrells Inlet by Dr.
 Marian Dale
- Moving Day coming to Charleston

Group Exercise Program News

Rock Steady Boxing at the MUSC Wellness Center has recently added two new classes on Tuesdays and Thursdays at 10 am! See their new flyer on page 10; all classes are open to all levels of ability.

Angie Cirnigliaro is once again offering FREE Move for Parkinson's workshops NEXT WEEK, Monday April 30 at the Mt. Pleasant location and Friday May 4 at the James Island location. See the flyer on page 9 for times and locations.

The Group Exercise Schedule on Page 2 has been extensively updated. Programs listed now include: Balance with Barbara, Matter of Balance, Move for Parkinson's, Rock Steady Boxing, Yoga (Chair and Gentle), and Zumba Chair.

Editorial Policy

Our goals are:

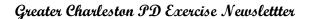
- To make known to the Greater Charleston Parkinson's Disease community the exercise programs available which are conducted either specifically for us (and our care partners) or by individuals with experience in helping PD patients;
- To provide links and stories related to exercise for PWP, including recent medical research;
- To encourage all PD patients, regardless of disease severity, to improve their quality of life through exercise.

This publication is not "advertising" and accepts no payments from those providers cited here. The contents are presented as a public service.

If you are a provider and would like to be recognized, please contact Jay Phillips at jayphillips@homesc.com. For reasons of time and space, we will not publicize generalized exercise (e.g., seniors) classes.

All spelling, grammar, and punctuation errors, typos, misquotes, inaccuracies, misrepresentations and any other boo boos of any kind are entirely my fault and corrections will be made in future editions, if notified. *Jay*

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WEEKLY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance with Barbara Mount Pleasant Senior Services Center 9—9:30 am		Balance with Barbara Mount Pleasant Senior Services Center 9—9:30 am		Balance with Barbara Mount Pleasant Senior Services Center 9—9:30 am
	Chair Yoga Mount Pleasant Senior Services Center 10—10:50 am		Chair Yoga Lowcountry Senior Center James Island 10—10:50 am	Move for Parkinson's Lowcountry Senior Center James Island 9—9:50 am
	Rock Steady Boxing All levels MUSC Wellness Center 10—11 am		Gentle Yoga Roper St. Francis Cancer Center 10—11 am	Rock Steady Boxing All levels MUSC Wellness Center 10—11 am
Matter of Balance Lowcountry Senior Center James Island 10:30 am—12:30 pm April 23—June 18	Zumba Chair Mount Pleasant Senior Services Center 11—11:50 am	Matter of Balance Bon Secours St. Francis Hospital 10 am—Noon May 2—June 20	Matter of Balance Roper St. Francis Mt. Pleasant Hospital 10 am—Noon June 7—August 2	
Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am— Noon		Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon
	Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm			Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm
Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm		Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	
			Matter of Balance Bon Secours St. Francis Hospital 12:30—2:30 pm April 12—May 31	
Move for Parkinson's R L Jones Center Mount Pleasant 2—2:50 pm	Chair Yoga Lowcountry Senior Center James Island 2:15—3:15 pm	Gentle Yoga Mount Pleasant Senior Services Center 1—1:50 pm	Zumba Chair Mount Pleasant Senior Services Center 1—1:50 pm	
	Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm	

Contact Information for classes is on the next page

Group Class Contact Information

Angie Cirnigliaro / FEELanthrop.com (Move for Parkinson's & Movement through Dance) angie@feelanthropi.com or 843-276-9858 website: https://feelanthropi.com/current-classes

Bonnie Friedman / Balance Therapeutic Fitness (Yoga and Zumba Chair) <u>balancefitness108@gmail.com</u> or 843-696-5011

Grit Box Fitness (Rock Steady Boxing) gritboxfitness@gmail.com_or 843-789-0385

website: http://www.gritboxfitness.com/fightingback/

Lowcountry Senior Center James Island 843-990-5555 website: www.lowcountryseniorcenter.org

(NOTE: All classes listed for this location are "Difficulty Level 1")

Mount Pleasant Senior Services Center 843-856-2166 website: www.MtPleasantRec.com/SeniorCenter

MUSC Wellness Center (Rock Steady Boxing) musc@rsbaffiliate.com or Alicia at 843-792-1494

website: http://academicdepartments.musc.edu/hsc/Programs/Rock%20Steady/index

Roper St. Francis Healthcare Advantage Program 843-402-2273

MOVING DAY IS COMING TO TOWN!!!!!

Moving Day Charleston is coming to the James Island County Park on Saturday, June 2, from 9 am till noon. This is the FIRST EVER Moving Day event in South Carolina and we are looking forward to welcoming our friends in the Parkinson's Community from all around the state. The focal point of Moving Day is—you guessed it— MOVING! And one of the highlights of the event will be the Movement Pavilion. Presented throughout the morning will be individual and group demonstrations of a wide variety of exercise regimens beneficial to those of us with PD. Featured programs will include LSVT-BIG and LSVT-LOUD physical and voice therapy (these are therapies for individuals, not group classes), Move for Parkinson's (Angie Cirnigliaro's dance classes—wanna have fun?!), Tai Chi,, Yoga, and, of course, Rock Steady Boxing (both Grit Box Fitness and the MUSC Wellness Center will be there).

For more information, to form or join a Moving Day Team, or to donate, go to https://movingdaywalk.org/event/moving-day-charleston-sc/. A portion of the day's donations will be used to fund future programs in our state that will benefit Parkinson's patients and/or their care partners.

Dr. Marian Dale talks about the new Murrells Inlet Rock Steady Boxing program

Thank you for the invitation to say a word about exercise in Parkinson's Disease. I am tremendously proud of the hard work my patients put in day after day for symptom relief and to slow the progression of the disease. Often when I hear the details of my patients' exercise regimens I am impressed by their difficulty level. Some individuals tell me that with their new and extensive exercise programs they are feeling even better than they were years prior to their diagnosis. Along with Cody Cooper from Grit Box Fitness, I have spoken previously at our Parkinson's symposium about the scientific benefits of exercise in Parkinson's Disease.

I'd like to take this opportunity to share with the members of the Greater Charleston Area Parkinson's Support Group an impressive effort by the neighboring Murrells Inlet Parkinson's community. When I started practicing at MUSC, there were no formal group exercise programs for Parkinson's in the Murrells Inlet area, though many patients certainly benefitted from working with local trainers. Since that time, one of my patients, Jack McGeough, along with a talented trainer named Nikki Shaffer, have grown a Parkinson's boxing program from the ground up. Initially just a few members met on Saturday mornings at Fitness Edge Gym. I understand it has since grown into a multi-class, multi-day program.

These days it seems that every week in clinic I hear of a new patient participating in this boxing program, which has now received official Rock Steady Boxing certification. I hear about both the physical gains my patients make and the tremendous sense of community at the gym. The program was recently headlined in the South Strand newspaper. Just a few quotes from my patients:

"For most of us, most importantly, we are regaining our dignity one punch at a time." -Jack McGeough, boxer

"We are all one big group in here and we all have the same goal. We want to beat this thing up before it beats us up." -Hank Ziliotto, boxer

"You gotta keep moving with this disease, or eventually, you are going to freeze." -Tom Brydon, boxer

"As a completely non-sports person (I have never caught a baseball in my life), I just assumed it wasn't for me, but I can't wait to get there. I have fun the whole 60 minutes, although she sneakily keeps up 70 minutes." -Margaret Ryals, boxer

I have also heard about the benefits of the program from patients' spouses and from the trainers:

"It's difficult to watch someone go through this when they have been so active all their life. But I will tell you, this class is a blessing and I wish more people would join because it has really helped my husband." - Regina Herman, spouse of boxer

"This is not easy for them. You will see them sweat, you will see them get frustrated, but you will also see them have an incredible sense of accomplishment at the end of class." -Coach Nikki Shaffer

To access the full newspaper article: https://www.southstrandnews.com/news/punching-out-parkinson-s-south-strand-residents-throw-a-jab/article 0f550fba-0b87-11e8-9a03-dfefad0c306f.html Congratulations to Jack, Nikki, and the Murrells Inlet community for putting together this tremendous resource!

Finally, I am excited to report that the topic of exercise and Parkinson's will be featured on the SC Health Focus NPR segment with Bobbi Conner the week of April 23rd. I recently recorded this interview in an effort to spread the word SC-wide about the importance of exercise in Parkinson's. The podcast link for the interview is

http://southcarolinapublicradio.org/post/exercise-parkinson-s-disease

The schedule for NPR broadcast is:

Thursday 4/26 4:44 pm

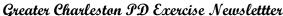
Sunday 4/29 5:35 pm

Marían L. Dale MD, MCR

Assistant Professor, Movement Disorders

CurePSP Center of Care Director

Dept of Neurology, Medical University of South Carolina



Yoga and Chair Zumba

The 5th World Parkinson Congress (WPC) convenes in Kyoto, Japan in June 2019. These gatherings bring together all of the inhabitants of the PD community: patients, care partners and caregivers, clinicians, researchers, therapists, and more. In the interim between meetings, the WPC blog offers high caliber articles on many topics of interest to Parkys. One recent article (February 26), by Dr. Indu Subramanian, Director of the PD center of excellence at the Los Angeles VA Medical Center, focuses on Yoga and PD. Dr. Subramanian says: "Yoga is both physically and cognitively engaging by focusing on body-awareness during complex body positions. Yoga postures improve physical strength, flexibility, and balance. Yoga postures are also considered skill-acquisition exercises and can benefit our brains' thinking patters and processes to make our movements more efficient and effective." Dr. Subramanian notes that studies "suggest modest benefits" in mobility, balance, strength, flexibility, and mood & sleep. To view the full blog go to https:// www.worldpdcongress.org/home/2018/2/8/yoga-and-parkinsons-disease.

Neurology Now, a publication of the **American Academy of Neurology**, published an article on "The Power of Poses: Yoga may help ease symptoms of Parkinson's disease, such as stiffness and poor balance," in its February/March 2017 issue. To view this online see: https://journals.lww.com/neurologynow/pages/articleviewer.aspx? year=2017&issue=13010&article=00013&type=FullText

While there are no PD-specific yoga classes currently on offer in our area, Bonnie Friedman of Balance Therapeutic Fitness offers Chair and Gentle Yoga programs at the Mount Pleasant Senior Center and is experienced in working with Parkinson's patients. Bonnie is a 200 hour RYT Therapeutic Yoga Instructor and is also a Licensed Zumba Instructor. She can be reached at 843-696-5011 or balancefitness108@gmail.com.

Oh yeah - Bonnie also offers Chair Zumba!

To see an interesting video about Zumba and PD (with links to other YouTube PD/ Zumba videos),

https://www.youtube.com/watch?v=OUO HwXN0vo

Greater Charleston PD Exercise Newslettter

LSVT ® Certified Clinicians have attended a two-day LSVT Training and Certification Workshop and have passed requirements of the LSVT workshop. For more information on the Lee Silverman movement and speech therapy programs designed exclusively for Parkinson's Disease patients, please visit the LSVT website at www.lsvtglobal.com

LSVT-LOUD Certified Providers

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Board Certified Specialist in Swallowing and
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Stephen Cutia, MS, CCC-SLP

Speech-Language Pathologist Northern Tides Speech and Language LLC 2155 Gammon Street Charleston

northtideslp@gmail.com

Website: northerntidesspeech.com

(607) 423-6613

In-home services offered

Wendy Mueller MS, CCC-SLP

Speech-Language Pathologist Palmetto Audiology and Speech Therapy 1801 Old Trolley Road, Suite 101 Summerville

wmueller@palmettoaudiology.net
Website: palmettoaudiology.net

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Janna Navarro, MS, CCC-SLP

Speech-Language Pathologist Amedisys Home Health 1027 Physicians Dr, Suite 210 Charleston Janna.smith@amedisys.com

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(843) 556-0200

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Katie Smith, CCC-SLP

Speech-Language Pathologist
Fox Rehabilitation
Call Patrick Ruppe, Regional Director for more information
(843) 749-3688
In-home services available in Charleston 29401, 29407,
29412

Alex Streetman, CCC-SLP

Speech-Language Pathologist
Fox Rehabilitation
Call Patrick Ruppe, Regional Director for more information
(843) 749-3688

In-home services available in Charleston 29403, 29407, 29414 & on Johns/Kiawah/Seabrook/Wadmalaw Islands



LSVT-BIG Certified Providers

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Occupational Therapist Fox Rehabilitation

Call Patrick Ruppe, Regional Director for more information (843) 749-3688

In-home services available in West Ashley 29407

Torie Clark, PT, DPT

Physical Therapist

Fox Rehabilitation

Call Lockwood Murphy, Regional Director for more information

(843) 872-4416

In-home services available in Summerville 29485

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Courtney Finley, PT, DPT

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In-home services available in Summerville 29483

Julie Godwin, PT

Physical Therapist

Ageility Physical Therapy Solutions

Summit Place at Daniel Island

320 Seven Farms Drive

Charleston

jgodwin@5ssl.com

(843) 471-2060

Tamara Green, PT

Physical Therapist

Renewal Rehabilitation Center

8600 Dorchester Road, Suite 204

North Charleston

contact@renewalrc.com

(843) 760-2041

Zachary Hale, PT, DPT

Physical Therapist

Fox Rehabilitation

(843) 636-2048

In-home services offered throughout Berkeley County

Jerry Hurst, OT

Occupational Therapist

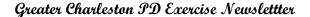
Roper Rehab Services

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Occupational Therapist Fox Rehabilitation

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Beth Yencho, OTR

Occupational Therapist
The Palms of Mount Pleasant
1010 Lake Hunter Circle
Mount Pleasant
beth.yencho@gmail.com

(843) 388-2030

(NOTE: services only for residents of The Palms)

A dance-based movement to enhance mobility

Move for Parkinson's

RLJones Center, Mt Pleasant Monday 2:00pm

Seeding round the house beautiful to the property of the seeding of the seeding of

Lowcountry Senior Center, James Island Friday, 9:00am



FIGHTING BACK AGAINST PARKINSON'S

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson's disease.

The program consists of:

- No-Contact Boxing
- Stretching
- · Balance and Mobility Training
- Strength Training
- · Overall motor recruitment
- · Hand-eye coordination and mental focus exercises
- Specialized cardiovascular training
- Many other scientifically proven exercises to help patients with Parkinson's
- Lots of FUN!

Rock Steady Boxing is a team environment. Teamwork and leadership emerge giving members regained confidence and an opportunity for socialization. MUSC Wellness Center welcomes people of all fitness and functional levels to join us — whether you are still able to jump rope or function best with a walker, come laugh, sweat and fight back with us!

Call TODAY to find out more about this critical program.



The MUSC Wellness Center has 9 certified Rock Steady Boxing coaches who welcome you to enjoy the benefits of this exciting program. MUSC is excited to be Fighting Back Against Parkinson's!

Tuesday and Friday 10:00am and 11:00am

Tuesday and Thursday 5:00pm

Come join Rock Steady at MUSC!

843.792.5757 • www.musc.edu/hsc



Wellness Center