

# PD Exercise Newsletter

*Greater Charleston Parkinson's Disease Support Group*

Volume 1, Issue 4

April 2018

## 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!

### 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:

- 1) 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;
- 2) To provide links and stories related to exercise for PWP, including recent medical research;
- 3) 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](mailto: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 boos of any kind are entirely my fault and corrections will be made in future editions, if notified. Jay

### Inside this issue:

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**WEEKLY GROUP EXERCISE SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Balance with Barbara</b> Mount Pleasant Senior Services Center 9—9:30 am		<b>Balance with Barbara</b> Mount Pleasant Senior Services Center 9—9:30 am		<b>Balance with Barbara</b> Mount Pleasant Senior Services Center 9—9:30 am
	<b>Chair Yoga</b> Mount Pleasant Senior Services Center 10—10:50 am		<b>Chair Yoga</b> Lowcountry Senior Center James Island 10—10:50 am	<b>Move for Parkinson's</b> Lowcountry Senior Center James Island 9—9:50 am
	<b>Rock Steady Boxing</b> All levels MUSC Wellness Center 10—11 am		<b>Gentle Yoga</b> Roper St. Francis Cancer Center 10—11 am	<b>Rock Steady Boxing</b> All levels MUSC Wellness Center 10—11 am
<b>Matter of Balance</b> Lowcountry Senior Center James Island 10:30 am—12:30 pm April 23—June 18	<b>Zumba Chair</b> Mount Pleasant Senior Services Center 11—11:50 am	<b>Matter of Balance</b> Bon Secours St. Francis Hospital 10 am—Noon May 2—June 20	<b>Matter of Balance</b> Roper St. Francis Mt. Pleasant Hospital 10 am—Noon June 7—August 2	
<b>Rock Steady Boxing</b> Level 1,2 Grit Box Fitness 11 am—Noon	<b>Rock Steady Boxing</b> Level 1,2 Grit Box Fitness 11 am— Noon		<b>Rock Steady Boxing</b> Level 1,2 Grit Box Fitness 11 am—Noon	<b>Rock Steady Boxing</b> Level 1,2 Grit Box Fitness 11 am—Noon
	<b>Rock Steady Boxing</b> All levels MUSC Wellness Center 11 - 12:15 pm			<b>Rock Steady Boxing</b> All levels MUSC Wellness Center 11 - 12:15 pm
<b>Rock Steady Boxing</b> Level 3,4 Grit Box Fitness 12:15 –1 pm	<b>Rock Steady Boxing</b> Level 3,4 Grit Box Fitness 12:15 –1 pm		<b>Rock Steady Boxing</b> Level 3,4 Grit Box Fitness 12:15 –1 pm	
			<b>Matter of Balance</b> Bon Secours St. Francis Hospital 12:30—2:30 pm April 12—May 31	
<b>Move for Parkinson's</b> R L Jones Center Mount Pleasant 2—2:50 pm	<b>Chair Yoga</b> Lowcountry Senior Center James Island 2:15—3:15 pm	<b>Gentle Yoga</b> Mount Pleasant Senior Services Center 1—1:50 pm	<b>Zumba Chair</b> Mount Pleasant Senior Services Center 1—1:50 pm	
	<b>Rock Steady Boxing</b> All levels MUSC Wellness Center 5—6:15 pm		<b>Rock Steady Boxing</b> 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](mailto:angie@feelanthropi.com) or 843-276-9858 website: <https://feelanthropi.com/current-classes>

Bonnie Friedman / Balance Therapeutic Fitness (Yoga and Zumba Chair) [balancefitness108@gmail.com](mailto:balancefitness108@gmail.com)  
or 843-696-5011

Grit Box Fitness (Rock Steady Boxing) [gritboxfitness@gmail.com](mailto: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](http://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](http://www.MtPleasantRec.com/SeniorCenter)

MUSC Wellness Center (Rock Steady Boxing) [musc@rsbaffiliate.com](mailto: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](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 23<sup>rd</sup>. 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

*Marian 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 patterns 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](mailto: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=OUQHwXN0vo>

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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](http://www.lsvtglobal.com)

## LSVT-LOUD Certified Providers

### **Julie Blair, MA, CCC-SLP, BCS-S**

Instructor of Speech Pathology  
Board Certified Specialist in Swallowing and Swallowing Disorders  
MUSC  
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### **Stephen Cutia, MS, CCC-SLP**

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**In-home services offered**

### **Wendy Mueller MS, CCC-SLP**

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### **Katie Smith, CCC-SLP**

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Call Patrick Ruppe, Regional Director for more information  
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**In-home services available in Charleston 29401, 29407, 29412**

### **Alex Streetman, CCC-SLP**

Speech-Language Pathologist  
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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® and LSVT-LOUD®

## LSVT-BIG Certified Providers

### **Kelly Bihlear, OTR/L**

Occupational Therapist  
Fox Rehabilitation  
Call Patrick Ruppe, Regional Director for more information  
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**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**

### **Paige Croley, DPT**

Physical Therapist  
Fox Rehabilitation  
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**In-home services available in West Ashley 29414**

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### **Bailey Duenling, OTR/L**

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**In-home services available in Mount Pleasant 29464**

### **Courtney Finley, PT, DPT**

Physical Therapist  
Fox Rehabilitation  
Call Lockwood Murphy, Regional Director for more information  
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**In-home services available in Summerville 29483**

### **Julie Godwin, PT**

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### **Tamara Green, PT**

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### **Zachary Hale, PT, DPT**

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**In-home services offered throughout Berkeley County**

### **Jerry Hurst, OT**

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# LSVT-BIG® and LSVT-LOUD®

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## Carisa Leibkicher, OT

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## Amy Lucas, PT

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## Laura Thompson, PT, DPT

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## Chelsea Wagor, OTR/L

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(843) 749-3688  
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## Beth Yenko, OTR

Occupational Therapist  
The Palms of Mount Pleasant  
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(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

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



# IN THIS CORNER, HOPE. 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](http://www.musc.edu/hsc)**



# Wellness Center