



WISCONSIN PARKINSON

MAGAZINE ISSUE NO. 110 | 2022

mind • body • spirit



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You can find us at:
wiparkinson.org



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Join Us for Webinar Wednesday!



The Brain Center of Green Bay will be presenting: **Let's Make Our Brain Better**
August 24, 2022 | 12 p.m. – 1 p.m.

Learn about the key habits and protective measures under your control to promote healthy aging and maintain good cognitive health throughout life. Key presentation points will include the 6 Pillars of Brain Health: quality foods and nutrition, physical exercise, restorative sleep, appropriate stress management, cognitive stimulation as well as avoidance of toxins and injury. Become aware of neuroplasticity – our brain's amazing ability to adapt, change and create new pathways in response to experiences, new information or damage.

Register Today!

Scan the QR Code with your smart phone

Letter from the *Executive Director*

Summer Greetings! I hope you all have continued to thrive and live your best lives as we experience summer in Wisconsin. This issue focuses on “Mind, Body, Spirit.” We’ll share a variety of perspectives and stories that highlight how important it is to have balance in those elements in our lives. If any one of those pieces is out of alignment, we feel it. I know one of the ways that I find balance in my own life is through nature (you may be seeing a pattern in some of my messages!). I love nature and have discovered the positive and calming impact that spending time appreciating a sunrise, taking a walk, working in the garden, or sitting outside watching the birds brings to my life and my interactions with family, friends and colleagues. Nature really does positively affect all three of these – mind, body, and spirit. I feel refreshed, my mind feels more clear. I stretch and move more when I’m outside, take deeper breaths and my body appreciates that. In turn, I have a more uplifted spirit and I feel the greater presence of the universe. I encourage you to find your own spaces and places to take in nature and let it nurture you - I think you’ll be glad you did!

In this issue you’ll also read about what our WPA Leadership and Team have been working on for the last few months. I have shared in previous communications that we are in the midst of a strategic planning process. It truly is an exciting time for our organization because it gives us the opportunity to dream and look to the future and put structure and process around those ideas to bring them to reality. While we’re not finished with the planning process yet, we’ll give you a high-level update on where we’re at so far. I am very excited about the energy and enthusiasm the WPA team is putting in around this work. I believe it will lead us to new heights and opportunities to better serve people with Parkinson’s disease

and their loved ones throughout the state of Wisconsin. We will continue to share updates as we make progress.

We also have some inspiring stories about two artists – Patrick and Jim, both wood carvers who also have Parkinson’s disease. You will learn how their art helped them navigate the disease – how they embraced a “mind, body, spirit” mindset and the difference that made in their own lives and the lives of those around them.

I continue to get out and meet WPA members and community partners – the best part of my job. We know that our mission of providing hope, community, support, and resources is needed more than ever. I am honored to be the leader of this wonderful organization and I ask for your ongoing support through engaging with us, sharing our information with those who need it and contributing financially to grow our programs and services.

Please take some time to sit back, relax and enjoy the stories and articles this month. Wishing you an abundant summer where you can focus on your own mind, body, and spirit,

Stay connected,



Kelly Cieslak, Executive Director
kellyc@wiparkinson.com | 414.312.6990

WPA Embraces Strategic Planning Process



Wisconsin Parkinson Association has been actively engaged in a strategic planning process that will chart the course for the organization for the next three years.

What is strategic planning?

It's a process used by organizations to identify goals and the approaches required to accomplish those goals. Large and small organizations use this process every few years to ensure that the programs and services provided by that business continue to align with the mission and values of the organization. It's a chance to get feedback from key stakeholders, to review the business landscape and environment and make strategic decisions about how to best serve the organization's clients. Most importantly, a road map is developed that keeps everyone moving in the same direction to accomplish the established goals and outcomes, and it provides accountability so that we know if we have met our goals.

Why is strategic planning important for WPA?

Strategic planning is an important business tool that will help WPA maximize its resources and document a plan for serving our mission well into the future. Part of the process involves listening to the key stakeholders: board members, staff, people with Parkinson's, care partners, exercise and support group facilitators, medical advisory group members and the community at large. It's important to understand how the work

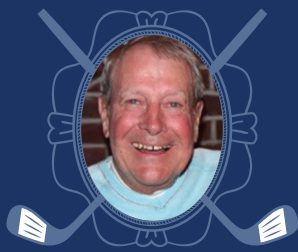
WPA does impacts the people involved with the organization.

What are some of the things WPA has discovered through the process to date?

We know our mission is why we exist. We will continue to find ways to **increase our mission impact** by bringing hope, community, support, and resources to those living with Parkinson's, and their loved ones. To do that we will seek to **grow our financial assets** so that we can do more and serve more. We will continue to build upon **leadership strengths** and overall effectiveness of our WPA team. Finally, we will **increase our marketing and brand awareness** so that anyone who needs our services has access to WPA's support when they need it most.

This is an exciting time in WPA's history. Engaging in a strategic planning process allows us to take a look at where we are now, and to proactively create our future. The plan we are developing will be dynamic, it will be a tool that directs us forward and will help us track our progress. Stay tuned for more updates!





Dick and Dee Schumann

Honoring Their Legacy and Memory

The late Dick Schumann will always hold a special place in the hearts of those connected to Wisconsin Parkinson Association – he meant the world to us. And because of the way he supported the organization, we think that WPA also meant the world to Dick Schumann. This year we are honoring Dick and his late wife Dee at the annual WPA Golf Open. For those of you who might not have known Dick, we want to share why he has such a legacy with our organization.

Dick's initial connection with WPA began when his wife Dee was diagnosed with Parkinson's disease. That diagnosis eventually led to his active engagement with WPA, including being elected to the Board of Directors in 1994. It was the beginning of his lifelong commitment to the organization – which turned out to be 28 years of sharing his time, talent and treasure.

One of Dick's favorite events with WPA was the annual golf outing. We can trace the success of the golf outing back to Dick's passion and influence. He was instrumental, especially in the early years of the event, gathering golfers and sponsors to ensure the success of the outing and the support it brought to the organization. Because of his efforts and love for this event, it is especially meaningful to WPA to honor him in this year of his passing by naming the 2022 event for him.

Dick's legacy in the WPA lives on through the people he connected to the organization – he recruited many of the people who have been long time supporters, and three of those

individuals even went on to become presidents of WPA's board of directors, including Rob McDonald, our current board president.

Even greater than Dick's leadership and generous support of WPA was the example he and Dee set for how to live with Parkinson's disease. They celebrated the good, didn't shy away from sharing the hard times, and through it all, gave us a view into what it is like to live with Parkinson's. That personal experience provided a firsthand opportunity to understand what resources and support a person living with Parkinson's and their care partners needed during their Parkinson journey. Their lived experience also helped WPA find its niche in serving the Parkinson community.

When looking back at WPA's history, Dick Schumann stands out. He rose to the challenge and occasion whenever the need or opportunity presented itself. WPA has much to be thankful for to Dick and Dee Schumann – for their leadership, financial contributions, for the inspiration and hope they shared and for the commitment to and love they had for WPA. For all these reasons, and so many more WPA is privileged to recognize Dick and Dee Schumann's memories and contributions by naming the 2022 WPA Golf Open in their honor.

WPA GOLF OPEN
SEPT. 13, 2022
10:00 A.M. – 7:30 P.M.
THE LEGEND AT MERRILL HILLS
GOLF COURSE
WAUKESHA, WI



Tee Up for Parkinson's!
HOPE • SUPPORT • COMMUNITY • RESOURCES

“Acceptance doesn’t mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.”

What Is It Like To Have A Child With Young Onset Parkinson’s?

By Darlene and Craig Barbian

Darlene - When I look at this question so many emotions go through my mind. Just trying to find the right words to describe how I feel makes me cry.

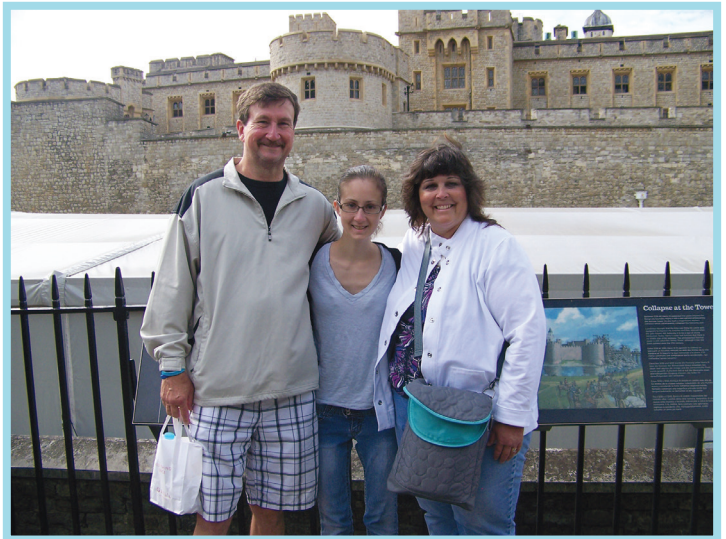
As a mom of someone diagnosed with PD at age 21 and who is now 31, not a single day goes by that I don’t worry about her. Every day is a litany of questions.

Is she having a good day? Has she fallen today? Does she have enough strength to get some things done around the house or even to take care of her physical needs (i.e., showering, dressing, eating, etc.)?

Are her meds going to work? How bad are the side effects going to be this time? Is she still going to be in pain? Is she going to be up for exercising today so the meds work better?

Craig - The sense of helplessness can be overwhelming. As a parent, and I think a father especially, your role is to be the protector of your family. Your self-image is that you can make everything all right no matter the situation or circumstances. When your child receives a diagnosis like this you realize that you have control over NOTHING.

You may think that you are in charge but you’re not. It’s not an ego thing, it’s not that you’re not as powerful as you think. It’s more an understanding that things are in somebody else’s hands, whether it’s your God, your



doctor, or somebody else.

Darlene – Sometimes I feel like I’m too hard on her, pushing her to do things for herself. But what kind of mother would I be if I didn’t prepare her to take care of herself?

I am so proud of the woman she has become. She has learned to advocate for herself and the Parkinson’s community. But she has not allowed her disability to define who she is. Nothing makes a mother’s heart fill up with pride more than meeting a stranger who has met my daughter and uses words like warrior, awesome, kindhearted, beautiful soul to describe your child.

Craig – I do have some advice for caregivers, regardless of the age of the person with PD. First, educate yourself. Do your research, find out all you can about Parkinson’s. There are

Continued on page 14...



6 Ways to Savor the Moment

By Barry Boyce, Founding Editor at Mindful.org

The word “savoring” crops up a lot in instructions for mindful eating, but why stop there? Inspired by that notion, I decided to challenge myself to a week of savoring things. As I started out, I began to see that I was automatically leaving lots of things out—things that were, well, unsavory—so the challenge had to undergo some immediate reengineering. It would have to become about savoring everything. Yikes.

If I was going to savor the unsavory I would have to be thankful somehow for whatever came my way.

That immediately led me to the understanding that if I was going to savor the unsavory I would have to be thankful somehow for whatever came my way. I would have to embrace the artificially sweetened (but still valuable) “attitude of gratitude.” It was a bit of a revelation. What I was prepared for was taking time to really enjoy things, in the present moment. What I wasn’t prepared for was how much it would challenge underlying attitudes and assumptions. When the week was over, I came to some conclusions about how savoring can reach into every area of life.

1) When things are good...savor the joy

When things are good, it should be easy to savor them. But it took more effort to savor something I already appreciated than I would have imagined. Joy came in the sudden realization that the body is always in the present, no matter where my thoughts take me, and I can always return to that.

2) When it’s every kind of bad...savor the resilience

I can glimpse the fact that pain, whether physical or emotional, is something that lets us know we are alive. And as we try to manage it as best we can, we

are humbled, we are vulnerable, we seek help. We find a way. We bounce back. And, as we savor the equanimity, we learn to take the good and the bad.

3) When it’s boring...savor the freedom

As we all keep discovering in meditation, we don’t really need to keep ourselves occupied with extra thoughts. It’s peaceful to take a break from that. My savoring challenge helped me learn (once again) to savor the freedom from the need to entertain myself every minute of the day.

4) When it’s unwieldy...savor the laughter

When things go haywire, the same tendency we have with hassles—to indulge in some “why me?” time—can easily take over. But, I’m starting to really appreciate the antidote that a meditation teacher friend of mine told me about: Just say “Why not me?”

5) When you’re alone...savor the space

In the right doses, being by ourselves can be deeply restorative. It can help us discover a deep reservoir of contentment that does not need to be chased after. That kind of space—a space of awe and wonder and simplicity—is well worth savoring. It may be the most savory treat of all.

6) When you’re with others...savor the companionship

The sheer joy of a shared laugh. The moments of listening when you need to be heard. The shoulder to cry on. Someone to share ups and downs, without caring which it is. I’m blessed with friends all over the world, people I can connect with within minutes no matter how long it’s been. Other human beings... what’s not to savor?

Reprinted with permission from Mindful (mindful.org) and Barry Boyce.



A Tale of Two Artists

There are many activities that can influence a positive mind, body, spirit perspective. Creative expression, such as producing art, can be a powerful tool for well-being. Art can also help patients with neurodegenerative diseases like dementia, Alzheimer's disease and Parkinson's disease find relief for symptoms such as anxiety, depression, and other symptoms associated with the diseases.

This month we are excited to introduce two artists in our midst who are willing to share their creative perspective. Meet Patrick Pelkey and Jim Craig – both wood carvers. They have perfected their craft and used their artistic talent to keep their PD in check. Even more than that, they have shared their art with others and brought joy and comfort to so many people around them. Enjoy their stories!

A cabin in the woods: Finding peace in art forms

Picture a cabin in the woods. So serene and relaxing. That's the mind, body and spirit reaction that Jim Craig aims to achieve with his wood carvings.

He has been carving since 1986, long before he was diagnosed.

His best friend got him into the art form.

"It's good therapy," Jim said. "My hands were getting worse and worse. This keeps them loosened up."

He started with a few chickadees, but as time went on, he took some classes and began carving other things. He loves the technicality of carving feathers on birds, but he morphed into something more.

One of his signature carvings are his mystical cabins in the woods.

"I include pine trees and different roof lines," he said, adding that people's own cabins have a certain charm to their rough build lines.

He likes carving with bark the best.

"It's good therapy," Jim said. "My hands were getting worse and worse. This keeps them loosened up."

Jim has been carving for about 35 years. When diagnosed about two years ago, he had to change his technique a bit, but otherwise he's going strong.

"It's good to have something to stimulate your mind," said Jim.

"Keep your mind focused and on task.

"When I go to shows, most people say, 'I couldn't do that.' But maybe try something from your own perspective. If it isn't wood carving, maybe it's painting or something else. There are a variety of art forms to get involved in. You just need to do the best you can."



"I call them comfort birds," said Patrick, who's given away hundreds of his creations to hospital patients, nursing homes and even children at Children's Hospital.

Comfort birds offer peace of mind

Patrick Pelkey recalls walking into a Parkinson's support group to give a talk, and a woman in a wheelchair hit him as he passed by. As family members apologized and said "That's just the way she is," he retreated to his car, came back and handed her one of his hand-made wooden birds. She immediately began to rub the bird. It was such a calming experience that the family reported that the woman has never hit anyone since that day.

"I call them comfort birds," said Patrick, who's given away hundreds of his creations to hospital patients, nursing homes and even children at Children's Hospital.

The magical intricacy of his carvings helps people young and old to calm their stress, whether caused by illness or simply life's ups and downs.

Patrick, 69, was diagnosed 19 years ago. At the time, he said he "shook like crazy." A doctor suggested he try wood carving to stop the tremors.

"My wife didn't want me to have sharp tools in my hands," he recalled. But doctors urged him to do something he enjoys, since the brain will produce dopamine, which slows down the tremors.

It worked. Wood carving became a passion for Patrick. Since that time, he has traveled all over the country to take classes. He teaches others in a wood carving club in Neenah.

He also facilitates Parkinson's support groups.



"I'm not one to sit still," he said.

He and his wife help care for two of their grandchildren, who are autistic and had liver transplants a few years ago. The loving grandpa that he is, Patrick spent days and weeks in the hospital. "It was hard to be sitting in a room with a little boy hooked up to wires who doesn't talk," Patrick recalled. But he said both boys were proficient on iPads and could communicate with him.

"They can poke around on that iPad and type, 'I want pizza,'" he recalled.

While spending a lot of time at Children's, he distributed more of his birds to other children who needed help.

He estimates that he gives away about 100 birds a year. He's been featured in a magazine called *Carving* and has appeared at many seminars. "You're that carving guy with Parkinson's," attendees would say.

Patrick also donates some birds to the Wisconsin Parkinson Association for its fall fundraising auction. Each bird is different.

"One of them went for \$1,000," he said.

What motivates Patrick to do so much?

"I want people to say, 'Because of you, I didn't give up.' "



What Our Brains Need

By The Brain Center of Green Bay

Our Brain Needs Energy & Fuel Sources

One of the most important items our brain needs is a healthy fuel & energy source to ensure our bodies work. That means supplying our bodies with healthy omega3 fatty acids, healthy proteins, ketones, intermittent fasting, oxygen, and minimizing carbohydrates (avoiding gluten & grains).

However, our brains also need stimulation in the form of physical exercise, cognitive and mental activities, social, spiritual, and the arts. We also need a good supporting cast (family, friends, church, workplace, and other groups, etc.). A healthy body - GI tract, cardiovascular, pulmonary, metabolic, liver, renal, immunologic, musculoskeletal, motor, and sensory systems. We also need to avoid and prevent injury including acute and repetitive injury, poisons, and toxins. And we need to make sure we have a well-tuned balance of activity and rest (homeostasis) while minimizing stress.

Physical Exercise - Keep it Simple

= Most Important

- Aerobic exercises such as walking ###, exercise bike, NU-Step, similar recumbent machines



- Prancing, dancing, and jogging
- Standing balance exercises ###
- Quad sets/straight leg raises ###
- Chair exercises (including repetitive sitting/standing)
- Standing toe/heel raisers combined with partial squats
- Utilize sturdy chairs and kitchen counters/sinks for upper extremity support with less risk of falling
Falling is never allowed!

Standing Balance Exercises

- Standing alongside (not facing) the kitchen or bathroom sink/counter
 - Hold onto the sink/counter with one hand as needed for stability/balance
 - Stand maximally tall (especially straight in the hips, knees, spine)
 - Lift one knee (the one closest to the sink/counter) straight ahead so that the knee is at the hip elevation. Hold for a count of 5 (seconds)
 - Return that knee/ lower extremity to the maximally tall posture
- Lift the other knee straight ahead so that the knee is at the hip elevation. Hold for a count of 5 (seconds)
 - Return to the maximally tall position
 - Repeat 5-10 times, each lower extremity/ knee lift
 - Remember, hold on (even with another person's assistance if necessary) enough for stability
- Build up to doing 10 repetitions 2- 3 times daily, most, if not every day. The good news is you only have to do it for the next 30 years!!

Exercise for a Better Brain

Straight Leg Raises with Quad (Quadriceps) Sets

- Do three times daily (best before you get out of bed in the morning and when you go to bed at night).
- Lie flat on your back with your hips and knees maximally straight.
- Have your feet/legs mildly rotated outward (so that your right foot/toes are pointing to one o'clock (straight upward is twelve o'clock) and the left foot/toes are pointing to eleven o'clock).
- Lock your right knee maximally straight by tightening your quadriceps muscle (the large muscles on the front of your thigh).
- Keeping the knee maximally straight lift the right lower extremity upward so the heel is about 12 inches off the mattress. Hold it there for 5-10 seconds (keeping your foot/ lower extremity mildly externally rotated to one o'clock).



- Return the right lower extremity to the supporting mattress and relax the muscles.
- Do the same exercise on the left lower extremity with the foot/lower extremity rotated to eleven o'clock.
- Start at 5 repeats each lower extremity and build up to 10 repeats, 2-3 times each day.

Overall Exercise Guidelines

- Correct technique is very important.
- Safety and good balance are also extremely important.
- Always have help with starting exercises and/or if you are having problems and or pain.
- Check with your health care providers for clearance if you have any medical/physical health issues.

Visit www.braincentergb.org for more information about exercise and the brain.

BRAIN HEALTH:

Fuel Up for a Healthy Brain

One of the most important items our brains need is a healthy fuel/energy source to ensure our bodies work. The energy/fuel we supply to our bodies helps to keep our brain, heart, muscles, and other organs working.

Supplying our bodies with a healthy fuel/energy source can help to repair and make our bodies and brains work better throughout our lives.

What Are Our Main Fuels?

Glucose: A form of fuel that our bodies metabolize from simple sugars and complex carbohydrates. Traditionally, glucose is the main source of energy for our body's cells but can produce waste products that "clog up brain cells" even causing those cells to die.

Ketones: A form of fuel that our bodies metabolized from fats that have been eaten and stored. Our bodies turn to ketones when there is not enough glucose to supply the cells of the body and brain.

Food that Build Us

Proteins (amino acids) help build our infrastructure (bones, muscles, many cellular parts, and our organs).

Fats such as triglycerides and cholesterol makes up much of the cellular structures of our body including our brain.

What Foods Are The Best For Our Brains

Proteins & Fats (pasture-raised or wild-caught are best) & Carbohydrates - healthy, colorful, non-starchy vegetables

Green leafy vegetables like Kale have a great source of brain-healthy and brain-protecting nutrients such as vitamin K, lutein, folate, and beta-carotene.

Omega-3/Fatty Acids that are found in salmon, trout, and sardines have high concentrations of docosahexaenoic acid (DHA) to help with cognitive function/performance.

Coconut Oil is one of the top brain foods. It has a high concentration of MCT (medium-chain triglycerides). MCT that is found in coconut oil, is broken down into Ketones which are fed directly to our brains.

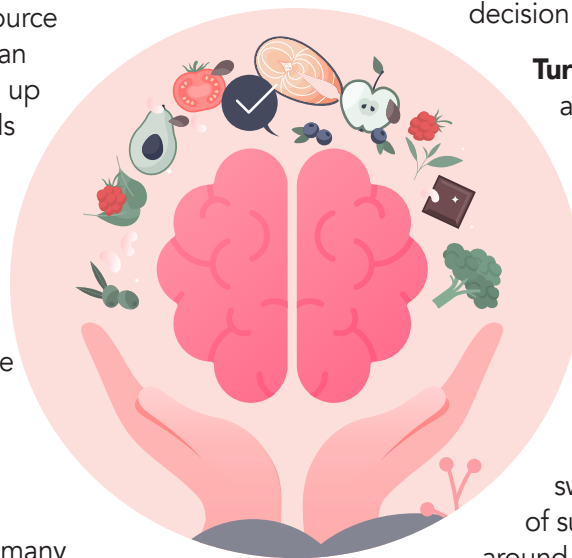
Berries are a rich source of antioxidants and anti-inflammatories, and their flavonoids can help to improve cognitive skills including memory, and decision making.

Turmeric (Curcumin) has a strong anti-inflammatory and antioxidant component that benefit our brains. Studies have also found it can help in reducing the physical plaques that accompany Alzheimer's Disease.

Dark Chocolate is good for our brain and mood. Dark Chocolate should be 72% or higher in cacao and low in sugar. Traditional semi-sweet chocolate has about 18 grams of sugar, whereas dark chocolate has around 9 grams, and cacao nibs have 0 grams of sugar.

Coffee is a master antioxidant, offers cancer protection, provides energy, and is good for your immune system. You can drink up to 5 cups a day.

Avocados have a great source of vitamins our brains need such as C, E, K, and the B complex. Avocados can also help improve blood flow to our brains.



Visit www.braincentergb.org for more information about nutrition and the brain.

For inquiries call (920) 393-4080 or email info@braincentergb.org.

The Mind, Body, Spirit Connection

We're paying attention to the connection between our mind, body, and spirit because it helps us feel whole and balanced. Focusing on these three elements can help make a positive impact on your overall mood and health. How does that work? Keeping your mind healthy can include feelings of gratitude and joy, along with giving your brain something to learn or think about. Your body likes to move and exercise and be fueled by a healthy diet and good nutrition. Paying attention to your spirit means that you work on being centered and you know you are part of something bigger than yourself. Being part of a community where you can connect with others and share of yourself can aide in building and supporting your mind, body, and spirit practices. To help you get started, here's a list of things to inspire you.

1. Breathe
2. Meditate
3. Watch a funny movie
4. Make your favorite meal
5. Take a walk
6. Listen to the birds
7. Sit outside and feel the breeze
8. Stretch and move
9. Learn a new craft
10. Read a book
11. Do something kind for someone else
12. Make a list of all the things you are grateful for
13. Dance
14. Sing
15. Say a prayer
16. Write a poem
17. Visit a place in your hometown you've never gone to before
18. Pet your dog or cat
19. Volunteer
20. Exercise for 30 minutes
21. Play a game
22. Call a friend
23. Create a gratitude journal
24. Drink more water
25. Smile
26. Drink tea
27. Declutter your space
28. Say a positive affirmation, or read a motivational quote
29. Practice yoga
30. Make a dream board
31. Practice mindful eating
32. Spend time in nature
33. Listen to music
34. Notice your five senses
35. Use a health and wellness app
36. Enjoy a sunrise or sunset
37. Watch the lightning bugs
38. Light a candle
39. Do an at home spa day
40. Watch the clouds float by
41. Try aromatherapy
42. Get out your crayons and do mindful coloring
43. Slow down and savor small moments
44. Unplug from technology
45. Listen to an inspiring podcast
46. Do one thing at a time
47. Create goals
48. Take a drive in the countryside
49. Think about one person you are grateful for and why, and then tell them
50. Visualize your happy place
51. Be present in the moment

Now, commit to trying at least five of these things in the next month. What will you do to focus on Mind, Body, and Spirit and be intentional in your life?

1. _____
2. _____
3. _____
4. _____
5. _____

...continued on page 6.

numerous treatments and everyone's situation is different.

Ask questions. Go to doctors' appointments, be involved in monitoring symptoms. The person with PD often isn't even aware of things that they are doing, you may need to be the eyes and ears of the doctors who are treating your family member.

Get involved with an organization with your best interests in mind. We found the Wisconsin Parkinson Association early on and the resources they provide are invaluable to Parkinson's patients and their caregivers.

Take care of yourself and don't try to go it alone. Older caregivers in particular need to keep themselves available to their loved ones and it's easy to get so wrapped up in being a caregiver that you get run down and then are of no use

to your loved one. There are resources available to help you with the issues that you may need assistance with.

Live your best life. Parkinson's really sucks for all involved. There will be good days and other days that will test your patience, your emotions, and your mental wellbeing. When you need to cry, cry. But I prefer a good laugh in dealing with a situation that makes absolutely no sense.

Darlene – Watching your child deal with any life changing situation is difficult, but your choices are limited. You can cry every day or you can rail against the heavens. I prefer the words of Michael J Fox:

“Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.”

BOOK YOUR FOURSOME TODAY!

SEPT. 13, 2022
10:00 A.M. – 7:30 P.M.

THE LEGEND AT MERRILL
HILLS GOLF COURSE
WAUKESHA, WI



WPA GOLF OPEN



Tee Up for Parkinson's!
HOPE • SUPPORT • COMMUNITY • RESOURCES

RETURNING IN 2022:

Free Parkinson clinic for up to 25 people with Parkinson's and their care partners with your choice of:

- Unique golf clinic and balance training
- Movement and music activities
- Complimentary dinner included



WISCONSIN
PARKINSON
ASSOCIATION

GOLF | DINNER | LIVE & SILENT AUCTIONS | NETWORKING

Register online at wiparkinson.org or call 414-312-6990.

Your Donations Make an Impact!

Wisconsin Parkinson Association is dedicated to serving people who live with Parkinson's disease and their loved ones.

It is our mission to do that by providing hope, community, support, and resources. Every day we hear from members who tell us how important it is for them to be engaged with us and to receive those services. WPA is passionate about offering the support and services that help people with Parkinson's live their best lives. Your financial donation helps make that possible. Our goal is to continue to do more and serve more. **Please consider donating today!**

Envelope is attached for your convenience or use the QR code to donate securely online.



Here's a note from Barb to one of our WPA staff members that shares the impact of Wisconsin Parkinson Association in her life:



"Your concern and caring of Parkinson's patients is commendable. I would be lost without you. Please express my thanks to all of you at Wisconsin Parkinson Association for caring, supporting and helping those of us with this disease. We are truly blessed to have all of you."

Rock Steady Boxing

a Powerful Way to Fight PD



Meet Ann Glor, general manager of the Wisconsin Athletic Club (WAC) in Hartland, WI, fitness professional with over 20 years of experience, and trainer for Rock Steady Boxing. She is also passionate about fighting Parkinson's disease, and she has personal reason for that – her mom was diagnosed with the disease eight years ago.

When the WAC had the opportunity to become a Rock Steady affiliate, Ann jumped at the chance to receive the training in Indianapolis. She believes in the Rock Steady mission of supporting research, and future efforts for treatments and a cure, but also being on the ground to fight the disease today through exercise.



What makes boxing a great option for fighting PD? Boxing requires balance and hand-eye coordination. Boxers see improvements because of the forced, intense exercise. The workouts are very purposeful. And who doesn't like to have a little fun while exercising? There's always a cheesy chant and cheer included, and while it might not seem like that has a specific purpose, in fact it is all about voice activation.

Mike, one of the boxers at Rock Steady says, "My favorite aspect of RSB is that it gives me something to fight PD! I hate the word 'progressive' used to describe PD. It is so defeating! All you can do to fight it is to take more pills and hope for the best. RSB gives me a way to fight back."

Rock Steady Boxing creates community. Boxers can find camaraderie in class which often extends to friendships outside of class. Mike shares that other benefits of RSB include, "The friendly people that I get to be with twice a week. We greet each other and ask where you were if you miss a class. We know when one of us is having a bad day and support them. Our trainers make sure we are pushing ourselves and get to know our weaknesses and strengths. They are our motivators."

The curriculum has proven components that are consistent with any Rock Steady Boxing class you attend. Benefits include control of your mind and body, agility, footwork, and core support. Using the focus mitt helps build trust and a relationship with your coach. Ann encourages people to "be active, or get active, go wherever it fits your life."

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If you do not receive *Wisconsin Parkinson Magazine* quarterly, join our mailing list at wiparkinson.org. You will receive this magazine, as well as periodic information about educational events, support & exercise groups, and other resources in your area. This magazine is funded by your donations. Your support helps those living with Parkinson disease by allowing us to enhance and expand our services to you and your families. For more information, visit wiparkinson.org.

Wisconsin Parkinson Association provides hope, community, support, and resources for people with Parkinson's and their loved ones.



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