



HKC Foundation for Parkinson's | Empowering Movement

JUNE 17
Happy Father's Day!

**There was a kidnapping in the school.
 Luckily, he woke up.**

This article was so interesting and informative that I wanted to share it with you again. Please read it and **I HOPE HOPE HOPE** you will consider implementing it into your life as you fight back against Parkinsons:

Let me start out by announcing, "I am giving each of you a "Prescription" you can "swallow" without having to take a single pill or sip of water!"
 -Colleen Bridges

[The Bridges For Parkinson's Exercise Prescription](#)

PARKINSON'S DISEASE

“Do not confuse my bad days as a sign of weakness. Those are actually the days I'm fighting my hardest.”

EXERCISE IS MEDICINE

Class Recordings:

HKC Parkinson's Fitness Class

<https://youtu.be/BMiek8t47KU?si=91XnajHVx6oinAnQ>

HKC Strength Class

<https://youtu.be/b0m7yRXXies?si=ajmGWV0-mKLaDrJ7>

Medication, Protein, and Parkinson's

<https://davisphinneyfoundation.org/medication-protein-and-parkinsons/>

Dosing Scenario: 3 doses of carbidopa-levodopa in one day		
Time	Dose	Activity
6:00 am	1 st dose	Drink with a large glass of water
7:00 am	No medication	Eat breakfast with 20-25 grams of protein
12:00 (noon)	No medication	Eat lunch with 20-25 grams of protein
2:30 pm	2 nd dose	Drink with a large glass of water
6:00 pm	No medication	Eat supper with 20-25 grams of protein
8:30 pm	3 rd dose	Drink with a large glass of water.

FEAR OF FALLING

Our sense of balance or “equilibrioception” is essential for a healthy, active lifestyle and crucial in maintaining quality of life and activities of daily living. Postural instability and fear of falling may cause someone to limit both physical activity and social connectedness. Reducing the fear and anxiety of falling may lessen the possibility of a fall.

Balance and falls can be associated with the Y

- eyes (visual system)
- ears (vestibular system)
- the body’s sense of where it is in space (proprioception) which all contribute to optimal balance.
- cognitive challenges while also challenging the body (dual tasking or multi-tasking) can create balance issues when attention is not fully placed on balance alone

For more on causes and preventions of falls in Parkinson’s Disease, click the link below https://www.hamilkerrchallenge.com/uploads/1/1/8/3/118375764/falls_prevention.mp4

**presentation was recorded during the Covid pandemic

If you find that you’re having trouble getting in and out of the car, check out these two devices. Fighters give both a “thumbs up”



[Car Handle Support](#)



[Cane Door Handle & Mobility Device](#)

COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

<https://us02web.zoom.us/j/81028088770>

~Saturday 11am Hamil-Kerr Parkinson's Fitness with RSB Certified Coach, Betsy (zoom)

<https://us02web.zoom.us/j/81028088770>

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

<https://us02web.zoom.us/j/81028088770>

~Thursday, 12pm In Person PD Spin, Spears YMCA

~**YMCA of Highpoint - In-person Parkinson's Spin Class**

Tuesday and Thursday - 12:00-1:00

Contact Betsy Richter, Aquatics and Wellness Director, with questions, 336.882.4126

~ [Rock Steady Boxing - Greensboro \(in person\)](#)

~ [Rock Steady Boxing of Archdale \(in person\)](#)

~ [A.C.T. By Prince Deese](#)

~For information on in-person 1:1 training in your home, contact Alesia Pendleton

pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)-

Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](http://LiveWellwithParkinsonsTODAY-DavisPhinneyFoundation)

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

And of course, reach out to me anytime.

Yours, Coach B



Rock Steady Boxing Certified Coach

Certified Parkinson's Disease Fitness Specialist

ISSA Certified Personal Trainer

HUSKY BUCK IS IN THE HOUSE!

Welcome Back!