

**JUNE 23**



What did the mouse say when he ran into the wall?

Dam.

## 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 Strength Class

<https://youtu.be/Bu2GuoiDvw>

HKC Parkinson's Fitness Class

<https://youtu.be/Q1SUjOGQ2E>

**“We cannot direct the wind, but we can adjust the sails.”**

— Dolly Parton

Adaptive equipment includes any tool or device used to assist someone with performing daily living activity on a more independent level.

*Click on each title below to shop tools and devices*

Eating

Toileting

Dressing

Transportation

# You love your pet, but...

## *Safety comes FIRST!*

### **Suggestive tips for the well-being of you AND your fur-baby:**



#### **Environmental Safety:**

- ~Clean up spills around pet bowls promptly to avoid slips
- ~Keep areas where a pet is likely to sleep, play, or eat well lit
- ~Use nightlights to improve visibility in dark areas to help you see your pets. Pick up pet toys in high traffic areas

#### **Pet Behavior Management:**

- ~Ensure pets are trained to minimize behaviors such as jumping or pulling on a leash. Discourage pets from lying next to your bed at night or at the foot of chairs

#### **Physical Awareness Precautions:**

- ~Always check your surroundings before getting up to see if your pet is nearby. Be mindful of pets lying on the floor and avoid stepping over them

#### **Additional Safety Measures:**

- ~Add a bell to your pet's collar to know when it is near



**For More Information on How to Reduce Your Risk for Falls visit**

[www.standingstrongnc.org](http://www.standingstrongnc.org)

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# 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

~**Ragsdale YMCA- In-person Parkinson's Spin Class**

Tuesday and Thursday- 10:15

~ [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](mailto: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](http://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](http://www.pmdalliance.org)

~Parkinson's Association of the Carolinas: [www.parkinsonassociation.org](http://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***