

JULY 7



Did you hear about the two thieves that stole a calendar?

They each got 6 months!

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/UF6i7XYN_VA

HKC Parkinson's Fitness Class

<https://youtu.be/oM0dS7y6neA>

GET A GRIP...

So, I'm in Harris Teeter and as usual, I'm wearing a Rock Steady Boxing t-shirt when I see a guy walking toward me with the PD gait and facial expression, or lack thereof. Now, I know the man has Parkinson's, but as shy and returning as I am I didn't want to say anything. Turns out, I didn't have to- because *he* approached *me* (seeing my RSB shirt) and said, “Do you do Rock Steady Boxing?”

And that was all I needed to hear.

In the course of our lengthy conversation, Tim told me that he golfs all the time, but was having challenges with his grip due to rigidity and loss of strength in his hand. He told all this to Davis, the guy in the pro shop where he's been going for years. Davis tells Tim he has just the fix for him. He goes to back and comes out with two club grips with tiny porcupine pointers in them.

Tim put the new club grips on his clubs and between the extra cushion and the little grippers, Tim's grip and game have improved!

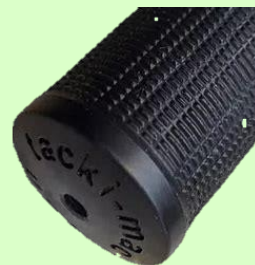
When I talked to Davis on the phone, he said that golf shops don't regularly carry them. The grippers have to be special ordered, but they are only \$11.99.

So, do they sound like they could help your game?

Let me know and I'll order some!

Thinking of you always.... Your friend in the war on PD,

Coach B



Hot Stuff or Cold as Ice?

Unexplained Body Temperature Changes

Our bodies are programmed to keep our internal temperature at a near-constant point, using very complex mechanisms. Parkinson's disease (PD) can unfortunately interfere with this regulation, and it can significantly affect quality of life when these mechanisms don't work well. Without proper temperature regulation, a person may feel that they are too hot or too cold. They may sweat too little or too much.

Although *dysregulation of temperature* is not as well-known as other non-motor symptoms in PD, such as constipation or sleep disorders, it is actually very common, and can also be a pre-motor symptom of PD, developing years before motor symptoms. In general, temperature dysregulation in PD is under-studied and under-reported as a non-motor symptom.

Get the full article here:

[Parkinson's Disease & Body Temperature Regulation | APDA \(apdaparkinson.org\)](http://apdaparkinson.org)



The better to SEE you with,
my dear!

Click the picture to head on
over to Amazon for a better
look at these eyeglass hooks!



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

~**YWCA 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

~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

~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

HEY! You're Invited!



Join us for lunch, fun, and classes for both you and your caregiver at our 14th PD Gathering

Saturday, July 20, 2024

9:30 am to 1:00 pm

Jamestown Presbyterian Church
1804 Guilford College Rd
Jamestown, NC 27282

RSVP by Wednesday, July 17, 2024

Call Alesia at 336-365-2745 or email alesia@hamilkerrchallenge.com

AGENDA

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|---------------|---|
| 9:30 - 10:00 | Registration |
| 10:00 - 11:00 | Tai Chi Qi Gong for Balance!
<i>Michael Gagliano, OT/L,
Tai Chi Instructor - Rehab Without Walls</i> |
| 10:00 - 11:00 | Caregiver's Class
<i>Nancy Courts and Micki Fischer</i> |
| 11:00 - 12:00 | Maximizing your ABILITIES - Stand Tall, Walk Mindfully, and Dine with Ease
<i>Audra Potter, PT and Rehab Without Walls Director;
Michael Gagliano, OT/L; Shaun Arbaugh, Community Relations Manager (RWW)</i> |
| 12:00 - 12:45 | Lunch
<i>Provided by HKC Foundation for Parkinson's</i> |
| 12:45 - 1:00 | Announcements and Evaluations |