



Michigan Parkinson Foundation

42^{YEARS OF} HOPE

MESSENGER

SPECIAL EXERCISE EDITION! WINTER, 2025

Dear Parkinson's Community,

I am writing this letter from my standing desk as I walk on a walking pad at the Michigan Parkinson Foundation office. If you had told me three years ago when I started at MPF that this would be a common mode of working for me, I would have thought it sounded crazy. Yet to my delight, this organization has transformed me from a person who exercised only intermittently to an active person. When I took on the role of CEO, I had a 1- and 3-year-old and couldn't imagine when I would find the time to exercise. Thanks to our PWR! Moves program, I slowly started making time each day at 10 am for movement breaks, which springboarded into a standing desk to reduce my sedentary hours. Then, thanks to our Manager of Northern Michigan Programs, Torrey Davenport, I got a walking pad to get more steps in.

I derive so much inspiration and motivation from this community. Watching the tenacity and drive of so many who attend our exercise classes and social events makes me want to follow your example and practice what Angee Ludwa, Deb Colling, and Torrey Davenport (along with our coaches and instructors) preach! For this, I have to thank you. The research is clear for Parkinson's disease—movement matters. The more you move, the better you feel. And as it turns out, this is the mentality we all need to take. What's good for your heart is good for your brain.

In this issue you will learn more about the importance of movement and opportunities from MPF on how to get involved. I look forward to MOVING through the year with you!

My very best,

Kristin Rossi



Stay Active and Healthy with Parkinson's Disease

By Angee Ludwa, Director of Exercise

It is important to stay active all year round but maintaining an active lifestyle during the cold months becomes particularly challenging for individuals with Parkinson's disease. Experts emphasize that movement remains crucial for managing symptoms and slowing disease progression. When the sun is shining and it's warm, you typically feel more motivated to get outside and walk, but it becomes even harder when it's cold and grey out. Below are some home-based activities for better health. These activities are ideal for the winter months but can be done year-round!

Tips and Tricks to stay active in your home:

Online classes - Exercise in the comfort of your own home. Join our free live virtual classes that are offered Monday through Saturday at 10 am EST. To learn more about the classes, visit our website at parkinsonsmi.org or check out page six for our full schedule.

And for those of you who need to get out of the house, take a look at our in-person classes on pages seven and nine.

Walk inside your home - Set a timer and walk for 10 minutes around your house. If your balance is good try multi-tasking by calling a loved one, or a good friend and having a conversation.

Catch up on chores around the house - Staying active can include vacuuming, dusting, and even laundry.

Dust off that treadmill or stationary bike - The winter is a good time to get reacquainted with that piece of exercise equipment that has become a clothes rack. Start slowly and work up to at least 20-30 minutes of aerobic exercise.



Build in exercise bouts throughout the day - Try incorporating some squats while you are standing in front of your bathroom or kitchen sink. Another option is to do 10 or more sit-to-stands while sitting at the kitchen table. If you find you are spending more time on the couch watching a show, try standing during all the commercial breaks.

Make a Plan - Exercise is the key to slowing disease progression and helping with so many of the motor and non-motor symptoms. We know exercise is essential, the hard part is motivation. So instead of thinking about motivation, think about consistency. Being consistent with regards to movement and exercise is key. Once you establish a routine around exercise, it's easier to stick to.

Remember, staying active in winter isn't just about physical health - it's crucial for mental wellbeing too. Regular exercise can help combat seasonal mood changes and keep energy levels up until spring arrives.

Building Strength Through Nutrition

The combination of regular movement and proper nutrition creates a powerful strategy for maintaining health during challenging winter months. Remember that managing Parkinson's effectively requires a holistic approach – addressing both physical activity and dietary needs even when weather conditions seem prohibitive.

One pot meals are great for the winter months. This meal is not only warm and comforting but it's healthy! To find this recipe online and others like it, visit themediterraneandish.com.



One-Pot Chicken and Rice

Ingredients:

- 6 Chicken thighs rubbed in spice mixture
- 2 cups of Basmati rice, rinsed and drained
- 1 cup each of chopped onions and carrots
- 1 cup each of chickpeas and frozen peas
- Spices- allspice, ground green cardamom, turmeric, cinnamon stick, and bay leaves
- Broth- chicken or vegetable
- Extra virgin olive oil

Instructions:

- Brown the chicken. First, pat the boneless chicken pieces dry, salt on both sides and coat them well with the spice mixture (2 tsp allspice, 1 tsp black pepper, 3/4 tsp cardamom 1/4 tsp turmeric). Heat up a bit of good extra virgin olive oil in a large deep pan with a lid. Brown the chicken on both sides, then set the chicken aside so you can use the same pan.
- Sauté the vegetables. Toss the chopped onions, carrots, and frozen peas in the pan and sauté in olive oil until softened.

- Add the rice, chickpeas. Now, this is why the pan needs to be nice and big. Add well-rinsed basmati rice that's been soaked in water and drained, and chickpeas and season with salt, 1/2 tsp allspice and 1/4 tsp ground cardamom. Stir to combine.
- Add the chicken back, add broth etc. Nestle the chicken pieces in the rice and add the broth, cinnamon sticks, and bay leaf
- Cook. Bring the liquid to a boil, then turn the heat to low. Cover the pan and cook for 20 minutes or until the rice is fully cooked and tender (not hard or chewy) and the chicken is fully cooked (its juices should run clear). Garnish with parsley.

Cook:

Bring the liquid to a boil, then turn the heat to low. Cover the pan and cook for 20 minutes or until the rice is fully cooked and tender (not hard or chewy) and the chicken is fully cooked (its juices should run clear). Garnish with parsley.

The Power of Movement: How Exercise Benefits People with Parkinson's



Exercise has a range of physical benefits for people with Parkinson's, playing a crucial role in managing symptoms and improving quality of life. Here are some of the key benefits:

Improved Mobility and Balance:

Regular physical activity can help improve motor skills, reduce stiffness, and enhance overall movement. Exercises like walking, strength training, and balance exercises can help with posture and coordination, reducing the risk of falls.

Enhanced Muscle Strength and Flexibility:

Strength training exercises improve muscle strength, which can help counteract the muscle weakness and rigidity that often come with Parkinson's. Stretching and flexibility exercises can also help reduce stiffness and improve joint range of motion.

Increased Endurance and Stamina:

Cardiovascular exercises, such as walking, swimming, or cycling, can improve stamina and overall endurance. This helps people with Parkinson's maintain their independence for longer by making everyday activities like climbing stairs or walking to the store less tiring.

Better Gait and Posture:

Parkinson's disease can cause shuffling and a stooped posture. Exercise, particularly activities focused on posture and gait can help people walk with a more normal stride and keep their posture aligned.

Reduced Tremors and Bradykinesia (Slowness of Movement):

Exercise can reduce the severity of tremors and bradykinesia, which are common motor symptoms in Parkinson's. Physical activity helps activate the brain regions that control movement, which can improve motor performance.

Cognitive Benefits:

Physical activity is believed to have neuroprotective effects, potentially slowing the progression of Parkinson's. Exercise can also improve brain function, enhance memory, and help with other cognitive aspects, such as focus and attention.

Improved Sleep Quality:

Regular physical activity has been shown to improve sleep patterns, which is important since many people with Parkinson's experience sleep disturbances.



The Mental Health Benefits of Exercise for People with Parkinson's

Engaging in regular physical activity can greatly improve both our physical and mental well-being.

When we move our bodies, it triggers the release of endorphins—natural mood boosters—that help elevate our spirits and increase our energy levels.

Additional mental health benefits of exercise include:

- Enhancing self-esteem and confidence
- Boosting motivation and focus
- Alleviating stress, tension, and mental fatigue
- Easing the mind, especially in moments of anxiety or apathy
- Reducing feelings of loneliness by providing opportunities for social interaction with loved ones or new connections

MENTORSHIP: SEEKING PARTICIPANTS

Flex your social muscles!

The Michigan Parkinson Foundation's Mentorship Program offers invaluable support to individuals living with Parkinson's.

Through the program, mentors and mentees form meaningful relationships, offering mutual understanding and support that can be hard to find elsewhere. By connecting with others who are navigating similar challenges, participants gain a sense of camaraderie and belonging, reducing the feelings of loneliness that often accompany the disease.

These relationships provide a safe space for sharing coping strategies, emotional support, and personal stories, helping individuals feel understood and less alone in their journey. Additionally, the program encourages socialization by creating opportunities for regular check-ins, group activities, and peer interactions, which further strengthen participants' sense of community.

The mentorship program promotes emotional well-being and enhances quality of life by helping individuals build supportive connections with others who truly understand their lived experiences.

Our mentors throughout Michigan have a wide range of experiences relating to Parkinson's including:

- Newly diagnosed
- Veterans with Parkinson's
- Caregiving
- Young Onset Parkinson's
- Late Stage Parkinson's
- Deep Brain Stimulation

To find a mentor visit:

parkinsonsmi.org/grow/#ourmentorship

Become a mentor: contact Jennifer Muscat at

jmuscat@parkinsonsmi.org

PD 101 NEWLY DIAGNOSED ORIENTATION



SPEAKER



Julia Wall
Director of Education

AGENDA

- What is Parkinson's Disease? (PD)
- What Causes PD?
- Who Gets PD?
- Motor and Non-Motor Symptoms
- How is PD Diagnosed?
- How to Treat and Manage Symptoms
- MPF Support

TIME 10:00 am – 12:00 pm

LOCATION 30400 Telegraph Rd. Ste 151.
Bingham Farms, MI 48025

2025 DATES

February 5
March 5
April 2
May 7
July 2
August 6
September 3
October 1
November 5
December 3

Contact Julia Wall to secure your spot



JWall@ParkinsonsMi.org



(248) 419 8009

Virtual Exercise Classes

The Michigan Parkinson Foundation offers exercise classes via ZOOM at 10:00 AM,
Monday through Saturday

WEEKLY SCHEDULE

MON **PWR! Moves**
Moderate Intensity

TUES **PWR! Moves**
Moderate Intensity

WED **PWR! Moves**
Lower Intensity, Sitting & Standing

THURS **PWR! Moves**
Higher Intensity, All Positions

Dance for PD 11am - 12pm

FRI **Adaptive Yoga**
for Parkinsons

SAT **PWR! Moves**
Moderate Intensity

Register Today!

tiny.cc/mpfzoom

or visit parkinsonsmi.org to learn more

Exercise anytime you want! Our YouTube channel has over 200 recorded classes. Visit:
youtube.com/michiganparkinsonfoundation

Meet Our Instructors!



Alexa Gazda, DPT
Henry Ford Medical Center
Monday PWR! Moves



Katie Bourdeau, PT, DPT
Henry Ford Medical Center
Monday PWR! Moves



Rebecca Rodriguez, MOT, OTRL
Henry Ford Medical Center
Monday PWR! Moves



Angee Ludwa, MPT
MPF, Director of Exercise
Tuesday PWR! Moves



Torrey Davenport, PT, DPT
MPF, Northern MI Manager
Wednesday PWR! Moves



Kim Wilkins, PT, DPT
Thursday PWR! Moves



Andrew Dettloff
Take Root Dance
Thursday Dance for PD



Mindy Eisenberg, MHSA, C-IAYT
Yoga Moves Any Body
Friday Adaptive Yoga



Jamie Haines, PT, DScPT
Central Michigan University
Supervision of PT students
Saturday PWR! Moves



Amy Yorke, PT, PhD
University of Michigan Flint
Supervision of PT students
Saturday PWR! Moves

In Person Exercise Classes



FARMINGTON HILLS

Farmington Family YMCA

28100 Farmington Rd, Farmington Hills, MI 48334

Mon & Fri: 2:00pm – 3:30pm - Rock Steady

Boxing All Levels

Wed: 2:00pm – 3:00pm - PWR! Moves

TROY

Troy Kickboxing Outfit

26 W. Square Lake Rd, Troy, MI 48098

Tues & Thurs: 11:00am – 12:30pm - Rock Steady

Boxing High Intensity

Tues & Thurs: 1:00pm – 2:30pm - Rock Steady

Boxing Low Intensity

Wed: 11:30am – 12:30pm -Yoga for PD

Fri: 10:45am – 11:45am - PWR! Moves

ST CLAIR SHORES

Sidekicks Martial Arts Studio

21617 Harper Ave, St Clair Shores, MI 48080

Mon, Wed, & Fri: 11:00am – 12:30pm - Rock

Steady Boxing All Levels

SOUTHFIELD AREA

Michigan Parkinson Foundation Office

30400 Telegraph Rd, Ste 151, Bingham Farms, MI 48025

Mon: 1:00pm - 2:00pm - PWR! Moves

TRAVERSE CITY

Grand Traverse Bay YMCA (Central)

1213 W Civic Center Dr, Traverse City, MI 49686

Tues: 3:00pm - 4:00pm - Boxing for PD, *Starting March 4th!*

For more information, contact Torrey Davenport at
tdavenport@parkinsonsmi.org

Ready to Join?

Call Deb Colling today to sign up
or learn more about how Rock
Steady Boxing can make a
difference in your life!

248-433-1011 x19

dcolling@parkinsonsmi.org

Meet Our Coaches!



Coach Deb Colling
MPF Director of Fitness
Personal Trainer, 500RYT
RSB - All locations



Coach Murph, MS
RSB - Mon, Fri
Farmington Hills



Coach Carol Schram
Personal Trainer
RSB - Tues/Thurs, PWR! - Fri, Troy



Michael Colling
DPT, 300CYT
Yoga - Wed, Troy



Coach Ashleigh Gapinski
Personal Trainer
RSB - Mon/Wed/Fri, St. Clair Shores

Take a look at page 9 for more in-person PWR! Moves classes
throughout Michigan!

EXERCISE MORE OR SIT LESS?

Miriam Bohnen, PT, DPT, University of Michigan

For people with Parkinson's Disease (PD), staying active is crucial as exercise and physical activity act as medicine, with evidence showing certain types of physical exercise can mitigate disease progression. To clarify the terminology:

- Physical Activity (PA): Any bodily movement resulting in energy expenditure
- Physical Exercise (PE): Planned, structured, and repetitive physical movement with specific goals
- Physical Therapy (PT): Medical intervention by an expert based on evaluation and personalized goals
- Non-Exercise Physical Activity (NEPA): Any activity/movement not categorized as physical exercise

The benefits of PE and PT are well-documented. Aerobic exercise helps mitigate disease progression, although there is ongoing research on optimal frequency and duration. Various PT programs focus on balance, gait, amplitude movement, and strength conditioning. Community programs like boxing, cycling, Tai Chi, and dancing have proven beneficial. Modern treatment approaches now recommend starting PE/PT at diagnosis rather than waiting until symptoms become severe.

A Critical Look at Sedentary Behavior

Modern society has become increasingly sedentary, with some people sitting up to 12 hours daily. This is particularly concerning for PD patients, who are approximately 33% more sedentary than their age-matched peers. Research shows that prolonged sitting has negative health effects independent of exercise – meaning that even if you exercise vigorously for 2 hours daily but remain sedentary otherwise, the positive effects of exercise can be negated by extended sitting periods.

Strategies for Reducing Sedentary Time:

Research indicates that replacing just 30 minutes of sitting with low-intensity physical activity (like standing or light walking) can yield beneficial changes in falls risk and muscle preservation. Breaking up sitting periods with short bouts of standing and moving can help mitigate negative effects. While sitting less than 6 hours daily is ideal,

any reduction in sitting time is beneficial.

Innovative Research: The Dynamic Standing Desk Study

Dr. Bohnen at the University of Michigan conducted a study examining the effects of a specialized standing desk that facilitates periodic sideways stepping. The study design:

1. All participants received 12 PT sessions, showing improvements in motor tests and gait speed
2. Participants were divided into two groups:
 - Intervention group: Received the specialized desk for home use
 - Control group: Standard care with community exercise groups

The intervention group was asked to use the desk for 2 hours daily, 5 days weekly, while performing regular standing activities. The results were significant:

Key Findings:

- The intervention group maintained PT gains while the control group regressed
- Improved measures of:
 - Balance
 - Fear of falling
 - Sleep quality
 - Depression levels
 - Overall quality of life
- Increased activity levels beyond desk usage time, suggesting positive carry-over effects

Practical Recommendations for Reducing Sedentary Time:

- Use a sit-stand desk for desk work
- Set regular movement reminders (every 30-60 minutes)
- Modify the home environment to encourage standing and movement
- Integrate standing activities into daily routines
- Combine structured exercise with reduced sitting time

The evidence suggests that a comprehensive approach combining regular exercise with reduced sedentary time offers the best outcomes for PD management. Future research aims to validate these findings in larger studies, potentially offering the Parkinson's community a powerful tool for maintaining PT benefits and managing disease progression.

PWR! MOVES CLASSES THROUGHOUT MICHIGAN

TRENTON

Level Eleven

3420 West Rd, Trenton, MI 48183

Wednesdays 4:00 - 5:00pm

Taught by: Amanda Schultz, PT, DPT

Register: 734-671-1923

PORT HURON

Port Huron Senior Center for Council on Aging

600 Grand River Ave, Port Huron, MI 48060

Mondays 2:00 - 3:00pm

Taught by: Lori Marquardt, certified PWR! Therapist

Register: 810-300-1960

LELAND

Leland Township Public Library

203 E Cedar St, Leland, MI 49654

Thursdays 5:30 - 6:30pm

Taught by: Torrey Davenport, PT, DPT

Register: tdavenport@parkinsonsmi.org

TRAVERSE CITY

New location and date coming soon!

Taught by: Grace Cummings, DPT

For more information, contact Grace at: 231-932-8500



CLASSES COMING SOON!

Battle Creek

Alpena

Grand Rapids

To see a comprehensive list of more classes throughout Michigan, visit parkinsonsmi.org!



ASK THE DOCTOR!

Question: I have gotten conflicting information from my PCP and my Neurologist regarding the best method to help with my serious constipation issues. My PCP suggests Milk of Magnesia; while my Neurologist advises Miralax. Please explain the difference, so I can understand which is best for PD. And why should I avoid using enemas?

Answer: Both Milk of Magnesia and Miralax are types of laxatives. Milk of Magnesia is the brand name for magnesium hydroxide, while Miralax is the brand name for polyethylene glycol. Both work by pulling water into the intestines, making the stool softer. Milk of Magnesia can cause problems in patients with heart disease or kidney problems, so Miralax is often preferred. Enemas are used when the laxatives are not working. Enemas work by flushing your large intestine with water.

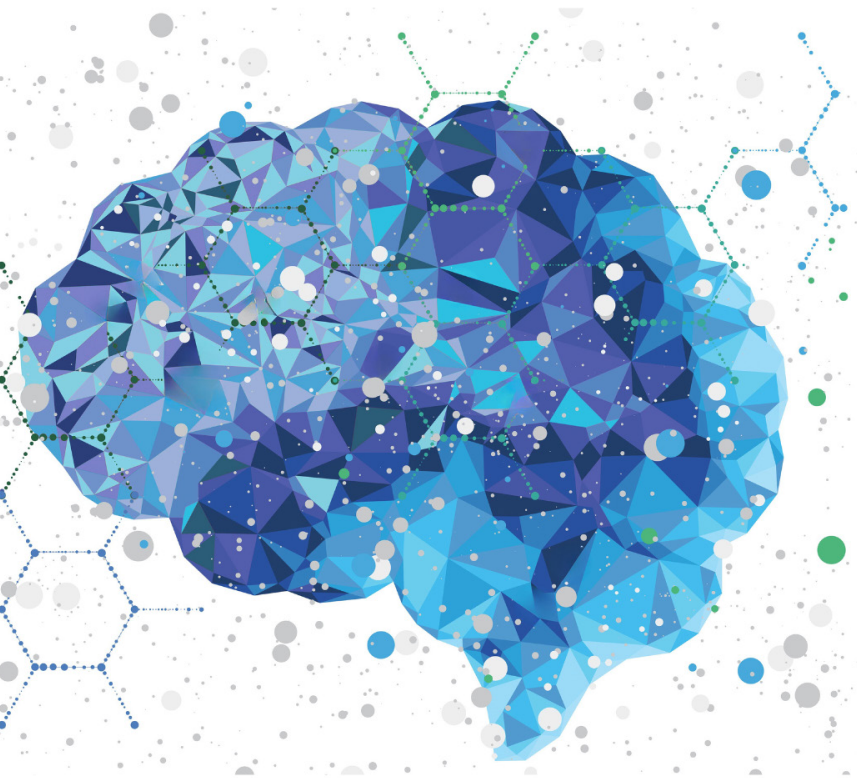
Several minutes after holding the water in the rectum, a bowel movement occurs. However, if you are not careful, you could irritate your rectal tissue or potentially poke a hole in your intestine. Sometimes people have stomach discomfort from the enema. If the equipment you use is not clean, you could introduce infection into your body. Most importantly, if you overuse enemas, your body is not using the muscles needed to help you have a bowel movement, leading to worse constipation. You should talk to your PCP or a gastroenterologist if your constipation is severe enough to need regular enemas.

- Dr. Kelvin Chou, Michigan Medicine

Hope In Every Step

Educational Symposium
April 25, 2025

Laurel Manor, Livonia MI



REGISTER ONLINE:
bit.ly/MPFSymposium25



MPF BOAT RUN

SAVE THE DATE
WEDNESDAY JUNE 4, 2025

REGISTRATION OPENS SOON!

2025 PARKINSON HERO WALKS



Traverse City Walk: August 23

Civic Center, Traverse City, MI

Metro Detroit Walk: September 13

Jimmy Johns Field, Utica, MI

Lansing Walk: September 27

Michigan State University

Grand Rapids Walk: October 11

Aquinas College, Grand Rapids, MI



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MESSENGER

Michigan Parkinson Foundation
30400 Telegraph Road, Suite 150
Bingham Farms, MI 48025
(248) 433-1011
(800) 852-9781
www.parkinsonsmi.org

MPF provides the following services to those with Parkinson's and their families:

A Network of Over 70 Support Groups • Medication Assistance • Information Packets • Exercise Programs • Respite Care • Neurologist & Community Referral • Education Programs • Mentorship • Speech Therapy
Consult your medical providers before acting on information in newsletter articles. This MPF publication offers information intended to be useful to people with Parkinson's, their caregivers and families, and the professionals who assist them, but they are not a substitute for qualified medical advice.

YOUR GENEROSITY IS GREATLY APPRECIATED. PLEASE HELP US NOW! No matter how large or how small, every donation helps. Return to MPF, 30400 Telegraph Road, Suite 150, Bingham Farms, MI 48025, or donate on-line at www.parkinsonsmi.org



✓Yes I want to help!

PLEASE SEND INFORMATION ON:

___ How I can become an exclusive member of
the Michigan Parkinson Foundations **CLUB 500**
___ Parkinson's Disease

Enclosed is my gift of \$ _____

Visa ___ Mastercard ___ Discover ___ Amex ___

Account # _____ exp. _____

Card Security Code: _____

Last 3 digits on back of card (4-digits on front of AMEX)

___ In Memory of _____

___ In Honor of _____

___ Special Occasion of _____

Please notify the following person of my gift:

Name _____

Address _____

City _____ State _____ Zip _____

CARE, SUPPORT & EDUCATION FOR PARKINSON'S DISEASE IN MICHIGAN

PLEASE CONTACT ME ABOUT:

___ How I can make a Recurring Donation (weekly, monthly, etc.)

___ How I might make a gift to MPF in my will, life insurance or
other special means which may have tax advantages.

My Name _____

Address _____

City _____ State _____ Zip _____

County _____

Phone _____

I want to receive further mailings:

___ By e-mail at _____

___ By regular mail

___ DO NOT SEND further mailings

___ DO NOT INCLUDE my name in publications

Your kind donation will be used whenever needed. Please make checks payable to: Michigan Parkinson Foundation.
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