

PD Exercise Newsletter

Greater Charleston Parkinson's Disease Support Group

Volume 2, Issue 3

May 2019

Cane Bay YMCA Now Open!

The new Cane Bay YMCA is now open, but not currently offering exercise classes suitable for most PD patients. Please stop in to see the facility—and be sure to tell them you want programs for Parkys!! Their website is at <https://www.ymcagc.org/cane-bay/>.

New this month

- Cane Bay YMCA Now Open
- MUSC to offer FREE Fitness Evaluations

Fitness Evaluations for Parkinson's Patients

MUSC is providing FREE fitness evaluations for Parkinson's patients next month! Third-year Physical Therapy students, supervised by faculty PT specialists, will evaluate YOUR physical conditioning, then provide an "individualized exercise prescription". This program is open to People with PD at any level of fitness—walkers and wheelchairs welcome. You will also receive information about community fitness resources. Please see the flyer at the end of this newsletter for dates, contact, and registration information, and SIGN UP NOW!!!

Editorial Policy

Our goals are:

- 1) To make known to the Greater Charleston Parkinson's Disease community the exercise programs available which are conducted either specifically for us (and our care partners) or by individuals with experience in helping PD patients;
- 2) To provide links and stories related to exercise for PWP, including recent medical research;
- 3) To encourage all PD patients, regardless of disease severity, to improve their quality of life through exercise.

This publication is not "advertising" and accepts no payments from those providers cited here. The contents are presented as a public service.

If you are a provider and would like to be recognized, please contact Jay Phillips at jayphillips@homesc.com. For reasons of time and space, we will not publicize generalized exercise (e.g., seniors) classes.

All spelling, grammar, and punctuation errors, typos, misquotes, inaccuracies, misrepresentations and any other boo boos of any kind are entirely my fault and corrections will be made in future editions, if notified. Jay

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WEEKLY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am (moves to 8 am starting 6/11)	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am (moves to 8 am starting 6/11)	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am
	Chair Yoga Mount Pleasant Senior Center 10—10:50 am		Chair Yoga Mount Pleasant Senior Center 10—10:50 am	
	Rock Steady Boxing All levels MUSC Wellness Center 10—11 am			Rock Steady Boxing All levels MUSC Wellness Center 10—11 am
	Zumba® Chair Mount Pleasant Senior Center 11—11:50 am		Zumba® Chair Mount Pleasant Senior Center 11—11:50	
Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am— Noon		Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon
	Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm			Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm
Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Gold Chair Mount Pleasant Senior Center 1—1:50 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	
Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm		Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm		
Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		

Classes specifically for PD patients and/or care partners are highlighted!



WEEKLY GROUP EXERCISE SCHEDULE—Low Country & Waring Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tai Chi Lowcountry Senior Center James Island 9—9:45 am	
Tai Chi Waring Senior Center West Ashley 10—10:45 am			Chair Yoga Lowcountry Senior Center James Island 10—10:50 am	
			Gentle Yoga Waring Senior Center West Ashley 10—11:15 am	
	Gentle Yoga Waring Senior Center West Ashley 11:15 am—12:30 pm	Chair Yoga Waring Senior Center West Ashley 12:30—1:30 pm	Stretch & Flex Lowcountry Senior Center James Island 11 am—Noon	
	Zumba® Gold Lowcountry Senior Center James Island 12:10—12:50 pm	Matter of Balance Waring Senior Center West Ashley 1-3 pm (starts 6/12)	Zumba® Gold Lowcountry Senior Center James Island 12:10—12:50 pm	
	Sit & Fit Waring Senior Center West Ashley 12:45—1:45 pm		Sit & Fit Waring Senior Center West Ashley 12:45—1:45 pm	Sit & Fit Waring Senior Center West Ashley 12:45—1:45 pm
Move for Parkinson's Waring Senior Center West Ashley 2:30 —3:30 pm	Chair Yoga Lowcountry Senior Center James Island 2:15—3:15 pm			Move for Parkinson's Lowcountry Senior Center James Island 2—2:50 pm

Angie Cirnigliaro / FEELanthrop.com (Move for Parkinson's) angie@feelanthropi.com or 843-276-9858 website: <https://feelanthropi.com/>

Bees Landing Recreation Center 843-402-4571 website: <https://www.charleston-sc.gov/Facilities/Facility/Details/5>

Grit Box Fitness (Rock Steady Boxing) gritboxfitness@gmail.com or 843-789-0385 website: <http://www.gritboxfitness.com/fightingback/>

Lowcountry Senior Center James Island 843-990-5555 website: www.lowcountryseniorcenter.org

Mount Pleasant Senior Services Center 843-856-2166 website: www.MtPleasantRec.com/SeniorCenter

MUSC Wellness Center (Rock Steady Boxing) musc@rsbaffiliate.com or Alicia at 843-792-1494

Waring Senior Center West Ashley 843-402-1990 website: www.waringseniorcenter.com

LSVT ® Certified Clinicians have attended a two-day LSVT Training and Certification Workshop and have passed requirements of the LSVT workshop. For more information on the Lee Silverman movement and speech therapy programs designed exclusively for Parkinson's Disease patients, please visit the LSVT website at www.lsvtglobal.com

LSVT-LOUD Certified Providers

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In-home services available in Charleston 29403, 29407, 29414 & on Johns/Kiawah/Seabrook/Wadmalaw Islands



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In-home services available in West Ashley 29407

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(continued)

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Fitness evaluations for individuals living with Parkinson's Disease

FREE fitness evaluation and exercise prescription for individuals living with Parkinson's Disease will be conducted by 3rd year Physical Therapy students at the Medical University of South Carolina. Evaluations will include; Cardiovascular, strength, flexibility and balance assessments. Fitness evaluation and exercise prescription supervised by MUSC Faculty PT specialists.

College of
Health Professions



Fitness evaluation ...

- > For people of all fitness levels
- > For individuals currently involved in an exercise program AND individuals interested in starting exercise
- > Come ready to WORK!!!!

Exercise prescription...

- > Individualized exercise prescription will be provided based on fitness evaluation findings.

Participant Resources:

- > Community resources for exercise and fitness will be provided based on fitness evaluation and interests.

Fitness evaluations will occur the week of June 24th - 28th. If you are interested in participating or want to learn more, contact;

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