



AMERICAN PARKINSON DISEASE ASSOCIATION

MISSOURI CHAPTER NEWSLETTER

Oct/Nov/Dec
2024
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TAKING EXERCISE TO HEART: The Importance of Aerobic Activity

By Gammon M. Earhart, PT, PhD, FAPTA

Are you looking for ways to increase your fitness, facilitate better movement function, boost your mood, and enhance your thinking abilities? What if I told you there is one thing you can do that will give you all these benefits and more? The one thing that can convey all these benefits (and more) is aerobic exercise.



Aerobic exercise is the fancy term for doing activities that get your heart pumping faster. It doesn't matter so much what form of exercise you do, just that you do something, do it at a high enough intensity, and do it regularly. Here's some more detail to help guide you:

- **Do something.** There are lots of different forms of aerobic exercise, including brisk walking, cycling, dancing, swimming, jogging and rowing. It doesn't matter which one(s) you do, they are all good, so do what you enjoy!
- **Do it at the right intensity.** You have to work hard enough to challenge yourself if you want to see gains. This means exercising at a moderate to vigorous intensity. Moderate intensity activity gets your heart rate up to 50-70% of your maximum heart rate, while vigorous intensity is in the range of 70-85% of your maximum heart rate. You can estimate your maximum heart rate by taking 220 minus your age. Or, you can use a simpler method and just pay attention to how hard you feel like you are working and rate your effort level. You can do this using a 1 to 10 scale where 1 is hardly any exertion and 10 feels almost impossible to keep going. On this scale, scores of 4 to 6 indicate moderate activity where you are breathing heavily and can carry on a short conversation. Scores of 7-8 indicate vigorous activity where you are short of breath and can speak just a sentence at a time.
- **Do it regularly.** Current guidelines recommend accumulating 150 minutes per week of moderate to vigorous intensity exercise. You could do that by exercising 30 minutes a day five days per week. If 30 minutes of exercise is not doable or does not fit into your schedule, doing as little as five minutes of exercise at a time can be beneficial. The key is to accumulate minutes throughout the week to reach the 150-minute goal.

TAKING EXERCISE TO HEART (continued)

Research shows that people with PD who exercise regularly for at least 150 minutes per week have better mobility and physical function, less disease progression, more stable thinking ability and higher quality of life compared to those who do not exercise regularly. In addition, aerobic exercise can reduce risk for obesity, heart disease, high blood pressure, high cholesterol, diabetes, stroke and some types of cancer. Aerobic exercise can also ease depression and anxiety, promote relaxation and even enhance self-esteem. And weight-bearing forms of aerobic exercise like walking can also reduce risk of osteoporosis.

Getting Started:

Before beginning any exercise program, consult a health care provider such as a physical therapist. A physical

therapist can evaluate your current fitness level and prescribe an exercise program tailored for your needs and interests.

If you are looking for a physical therapist to help you get started, ask your doctor, or contact the **APDA Missouri Chapter office at 636-778-3377** or **apdamo@apdaparkinson.org** to get a list of locations which have a neurologic physical therapist on staff.

If you are interested in participating in research studies focused on exercise, please call the **WashU PT Movement Lab at 314-286-1478** or Clinical Research Asst. Kevin Holley at **314-286-1641**.

RESEARCH HIGHLIGHTS



Study in Parkinson Disease of Exercise Phase 3 Clinical Trial: SPARX3

Washington University is seeking volunteers to participate in a clinical research trial to learn more about the effects of aerobic exercise on people with Parkinson's disease.

Criteria: People who have been diagnosed with Parkinson's disease within the last 3 years and are not yet taking medication for your PD symptoms.

Visit our website Research page for more information and other criteria <https://bit.ly/APDAResearch>

Contact: Kevin Holley at kevin.h@wustl.edu or 314-286-1641

Black and African American people with Parkinson's Disease

Washington University School of Medicine would like to hear stories from Black and African American people with Parkinson's disease and those who care for them, or have cared for them in the past: What has your experience with PD been like? How has your healthcare for PD been? among other stories.

Visit our website Research page for more information and other criteria <https://bit.ly/APDAResearch>

Contact: Dominique Woodhouse at woodhouse@wustl.edu or 618-401-2328



DONOR-ADVISED FUNDS

A donor-advised fund (DAF) is a charitable giving program that allows you to combine the most favorable tax benefits with the flexibility to support your favorite causes.

- You can contribute cash, securities or other assets to a donor-advised fund. Typically you are eligible to take an immediate tax deduction and then the funds are invested for potential tax-free growth. You can then recommend grants to any qualified public charity, such as APDA.
- You can make a one-time gift or set your DAF account to make automatic recurring grants in the amount and frequency of your choice. It's easy to do. Just log into your account on your charitable sponsor's website and select "recurring" option. It's a great way to make your charitable giving more convenient.

If you have any questions about making a tax-deductible gift to the American Parkinson Disease Association through a DAF, please contact Melissa Skrivan at 636-778-3378 or at mkskrivan@apdaparkinson.org.

This information does not constitute legal or financial advice. Because everyone's situation is different, you should seek the advice of your own attorney, tax advisor and/or financial planner.

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TIPS FOR GETTING IN AND OUT OF A CAR

By Amanda Landsbaum, MS, OTR/L

Getting in and out of the car can become challenging because it is an awkward space with limited supports. Here are a few tips that can assist in making it safer and easier:

- Think “Sit first, then legs”. It’s better to stand at the side of the seat (with the back of your legs touching the side of the car/seat) and then sit.
- Once you are seated, you can lift one leg at a time into the car, and rotate your body to face the front of the car.
- When getting out of the car, you would reverse this process and rotate in the seat to face the side of the car while lifting one leg out at a time. Then move to the edge of the seat and then stand up.
- The following items can help with this process:



This “Handybar” can be placed in the door jam to create a handle for getting in and out



A Swivel seat or large plastic bag covering the seat can make turning in the seat easier



A seatbelt extender can be used to make it easier to buckle the seatbelt

If you use a mobility device, there will be extra considerations and the best thing to do is work with a physical or occupational therapist to practice a safe technique that is tailored for you.

BETTER BRAIN HEALTH AND BALANCE

By Dr. Beth Templin, PT, DPT, GCS



We know that exercise is one of the best ways to improve and maintain your physical fitness with a Parkinson's diagnosis. Just as important is maintaining good brain health. When you take a deeper look into brain health, there are several recommendations including: participating in regular physical activity, getting a good night sleep, engaging in mentally stimulating activities, eating a brain healthy diet, managing your health, and staying socially engaged.

Today we're going to focus on two of these recommendations, physical activity and mentally stimulating activities. We know that exercise increases blood flow to the brain, helping to bring in nutrients and carry away wastes, promoting healthy brain tissue. **Physical activity** also stimulates the production of Brain-Derived Neurotrophic Factor (BDNF), which helps support the growth and survival of new brain cells.

Mentally stimulating activities can range from playing brain games to learning new hobbies. By challenging your brain and continuing to learn new information, you strengthen your brain, making it easier to think faster, focus and remember more. When you overlap these two activities and perform cognitive challenges while exercising, you amplify the benefits of both for your brain health.

The combination of moving and thinking at the same time requires more concentration and is known as **dual tasking**. Typically, when you dual task, one or both of the activities suffer, meaning they are not performed as effectively. People living with PD often demonstrate larger gaps in performance compared to adults living without PD. This can affect activities like walking and lead to increased fall risk or loss of independence. The good news is research shows dual tasking can be improved in people living with PD with practice.

There is an app called **Clock Yourself** that you can install on smart phones or tablets that can help you perform these activities



at the same time. This specific app works on reactive stepping or stepping in different directions randomly. Performing reactive step training has been shown to be an important part of balance training and reducing fall risk.

Inside the app are several different dual tasking options from which to choose. We recommend starting with the **Simple Colours**, which is the easiest level. This activity will start by having you imagine standing in the "middle" of 4 colors. The app will call out a color and the objective is to step on that color with one foot, while the other stays in place. In between each color, you will want to return both feet to the center. The activity will



have you stepping in 4 different directions: forward, backward, left and right. You can set the speed of how fast the colors will be called out. I'd recommend starting with 40-50 steps per minute.

The second level is the **Simple Clock**. In this level you will imagine yourself standing in the middle of a clock face. The 12 in front of you, the 6 behind you, the 3 to your right and the 9 to your left and so on for a full clock face. Again, start at a slow speed of 40-50 SPM until you feel confident stepping in all 12 directions.

When you're ready for a bigger challenge, you can move onto **Brain Games**. These challenges add another layer of thinking into the mix. For example, months of the year will call out a month like March. You need to figure out that March is the third month of the year and then step towards the 3 on the clock.

We love this app because it can be customized to many different levels of speed of movement, direction of movement and complexity of thinking. It also requires no special equipment or much space to successfully complete the workouts. When you're just starting out 2 minutes may feel exhausting, but as your body gets used to and better at dual tasking, you may be able to increase to 5 minutes/session. Plus, you get the added benefit of working on your balance recovery strategies, which will decrease your fall risk.

APDA recommends checking with a healthcare professional before starting any new exercises.

EXERCISE CLASS SCHEDULE

For more information please refer to www.apdaparkinson.org/mo or call 636.778.3377

MISSOURI CLASS SCHEDULE

Carondelet YMCA

Tuesday 11:00am - Parkinson's Pedalers
Friday 12:00pm - Exercise for Parkinson's

Chesterfield APDA Office

***NEW** | Tuesday 9:00am - Seated Exercise | Level 1
Tuesday 10:00am - Circuit Training | Level 3
Tuesday 11:00am - Strength and Cardio | Level 2
Tuesday 12:00pm - Music & Movement for PD | Level 2
Wednesday 10:00am - Movement Training | Level 2
Wednesday 11:00am - Seated Exercise | Level 1
Thursday 11:00am - Tai Chi for Parkinson's
Thursday 12:00pm - Parkinson's Boxing | Level 3
Thursday 1:00pm - Strength and Cardio | Level 2
Thursday 2:00pm - Seated Exercise | Level 1
Friday 11:00am - Tai Chi and Meditation

Chesterfield YMCA

Mon/Wed 12:15pm - Parkinson's Pedalers | Level 2

Crestwood - Sports Medicine & Training Ctr.

Tuesday 9:00am - Exercise for Parkinson's | Level 2

Eureka - The Timbers Recreation Center

Tues/Thurs 1:00pm - Exercise for Parkinson's

Jefferson County YMCA

Mon/Thurs 10:00am - Exercise for Parkinson's

Kirkwood YMCA

Monday 11:45am - Exercise for Parkinson's | Levels 2

Maryland Heights YMCA

Tues/Thurs 11:30am - Exercise for Parkinson's | Level 2

South County YMCA

Tues/Thurs 3:00pm - Exercise for Parkinson's

St. Louis City - Stephen A. Orthwein Center

Thursday 12:00pm - Interval Training | Level 2

St. Peters - BJC - Medical Office Building 1

Thursday 10:00am - Strength and Cardio | Level 2
Thursday 11:00am - Seated Exercise | Level 1

Ste. Genevieve Co. Community Center

Wednesday 11:00am - Exercise for Parkinson's | Level 2

Sunset Hills - Friendship Village

Thursday 1:00pm

Warrenton - SSM Day Institute

1st and 3rd Tuesdays 3:30pm - Exercise for Parkinson's
| Levels 1 and 2

Washington YMCA

Mon/Wed 1:00pm - Exercise for Parkinson's
Friday 11:30am - Exercise for Parkinson's

Virtual via Zoom

Tuesday 9:00am - Seated Exercise | Level 1
Thursday 2:00pm - Seated Exercise | Level 1

ILLINOIS CLASS SCHEDULE

Downtown Belleville YMCA

Mon/Wed 11:00am - Exercise for Parkinson's

East Belleville YMCA

Tues/Thurs 11:00am - Exercise for Parkinson's

Breese/Clinton Co. YMCA

Tues/Thurs 12:30pm - Exercise for Parkinson's

Carlinville Area Hospital

Tuesday 10:00am - Exercise for Parkinson's

Decatur YMCA

Mon/Wed/Fri 11:00am - Parkinson's Pedalers
Tues/Thurs 9:00am - Parkinson's on the Move

Edwardsville YMCA

Tues/Thurs 11:00am - Parkinson's Pedalers

O'Fallon YMCA

Tues/Thurs 12:00pm - Exercise for Parkinson's

Quincy YMCA

Tues/Fri 10:30am - Fit to Fight PD Boxing

Springfield - First Christian Church

Tues/Thurs 1:30pm - The Joy of Movement

Virtual via Zoom

Wednesday 10:30am - The Joy of Movement

Exercise Level Descriptions:

Level 1: Participants exercise seated or standing with support. Movements are done at a pace and intensity that are appropriate for each participant.

Level 2: Participants must be able to walk and stand up from a chair without assistance. Most exercises are done standing.

Level 3: Higher intensity, faster paced classes where participants perform multiple step exercises and may get on/off the floor.

SUPPORT GROUP SCHEDULE

For more information, please call 636.778.3377 or email apdamo@apdaparkinson.org

MISSOURI SUPPORT GROUPS

Ballwin - Meramec Bluffs Care Center

4th Tuesday 2:00pm

Cape Girardeau - Cape Girardeau Library

2nd Monday 5:30pm

Chesterfield - APDA Office

2nd Monday 10:30am - Caregivers ONLY

2nd Tuesday 1:00pm - Early in diagnoses

4th Tuesday 1:00pm - Newly diagnosed

Chesterfield - Friendship Village, Trillium Rm.

3rd Thursday 2:00pm

Florissant - Garden Villas North

1st Tuesday 10:00am -

Group not meeting in October

Kansas City - Johnson County Rehab Hospital

2nd Wednesday 4:00pm

Olivette - Private Home Care Company - Hybrid

3rd Tuesday 11:00am

Rolla - Phelps Health Cancer Institute, Conf. Rm. B

3rd Tuesday 2:30pm

South County - Cedarhurst of Tesson Heights

4th Wednesday 10:00am

St. Charles - Kisker Road Library

2nd Tuesday 10:00am - Caregivers ONLY

Ste. Genevieve - Community Center

2nd Wednesday 10:00am

St. Peters - Spencer Road Library

1st Tuesday 1:00pm

Washington - Public Library

2nd Monday 3:00pm

Virtual via Zoom

4th Tuesday 6:30pm - All welcome

3rd Monday 1:00pm - Caregivers ONLY

Every Thursday 6:00pm - Young onset ONLY

3rd Friday 2:00pm - We Care: South Asian families

2nd Wednesday 9:00am - Adult Children ONLY

ILLINOIS SUPPORT GROUPS

Alton - SSP Main Bldg., The Meeting Room

2nd Wednesday 1:00pm

Alton - SSP Wellness Center

2nd Tuesday 2:00pm - Caregivers ONLY

Belleville - Southwestern Illinois College's Programs & Services for Older Persons

3rd Monday 1:30pm

Carbondale - Prairie Living at Chautauqua

1st Wednesday 1:00pm

Carlinville - Carlinville Area Hospital, MOB Comm Rm.

4th Tuesday 11:00am

Edwardsville - YMCA Niebur Center

1st Tuesday 2:00pm

Greenville - Bond County Senior Citizens

2nd Tuesday 1:00pm

Highland - St. Joseph Hospital, Sullivan Conf. Rm.

2nd Wednesday 2:00pm

Quincy

2nd Saturday 10:00am | Public Library

4th Thursday 1:00pm - small group discussion | Senior Center

Tips and Tricks for Parkinson's

Getting Ready to Go Out

- ✓ Brushing Teeth - try an electric toothbrush to avoid movement troubles. It may also help to use your non-tremor hand
- ✓ Drying Hair - a hands-free hair dryer can be mounted to the vanity or wall for an easier experience.
- ✓ Steady your hand - prop your elbows on the counter or sink to reduce tremors and fatigue.
- ✓ Sitting down while getting ready to go out to conserve energy and support balance.
- ✓ Shaving - Invest in an electric razor for an easier and safer shave.
- ✓ Makeup - Tap your lipstick, mascara, etc. rather than trying to swipe. Sitting down or propping your elbows can help here too.
- ✓ Plan ahead - break down grooming tasks into smaller, more manageable steps.



PARKINSON EDUCATION PROGRAM

RESOURCES FOR THE FUTURE

-  Care Management Services and How They Help
-  Home Care Options & Good Questions to Ask
-  Long Term Care Facilities and How to Choose

Attendees will be able to visit vendor tables of community agencies to learn about their services and get their questions answered.

Wednesday, Nov. 6
2:00 - 4:00 pm



United Hebrew Congregation
13788 Conway Rd.
St. Louis, MO 63141

BALANCE AND STRENGTH EXERCISES FOR FALL PREVENTION



Exercise 1 – chair sit to stand

Sit in a sturdy, stable chair with arms. From a standing position, reach back to the armrests to use as a guide and extra support and slowly sit down in the chair. Be sure to use the leg muscles and not drop down into the chair. Then, use both legs and arms (pushing down on armrests) together to stand up. Then, pause for a moment. Repeat.

Exercise 2 – heel toe stand

Stand between two sturdy chairs of the same height and hold on for support. Slowly move one foot alongside the other until it's directly in front and in line with the other foot. Stand and balance in that position.

Exercise 3 (more challenging) – heel toe walk

Stand next to a countertop and hold on with one hand. It's best to use a cane or another person to provide support on the other side. Walk along a straight line, placing the heel in front of the toe.

Exercise 4 – balance on one leg

Stand in front of a counter or between two sturdy chairs of the same height. Hold on to the supportive surface and bend the knee to raise one foot and balance on one leg. Then do the same on the other leg. Aim to balance for 10 – 15 seconds on each leg.

Exercise 5 – back leg raises

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat 10 times on each leg.

Exercise 6 – heel raises

Stand up straight behind a chair, holding the back with both hands. Position your feet hip-width apart. Lift up on your toes. Hold. Lower your heels to the floor. Repeat 10 times.

Exercise 7 – standing hamstring curls

Stand up straight behind a chair, holding the back with both hands. Extend your right leg behind you with your toes touching the floor. Bend your right knee and try to bring the heel to your right buttock. Hold. Slowly lower your foot to the floor. Repeat 10 times on each leg.

Exercise 8 – wall pushups

Stand an arm's length in front of a bare wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do 10 of these at a time.

PD ESSENTIALS



Recently diagnosed with Parkinson Disease?

PD Essentials is a one-hour informational session offered at no cost for those who have been diagnosed with Parkinson's in the past two years.

- Learn the basics of PD and how to manage well,
- Get answers to your questions,
- Connect to valuable local resources

Family and friends are welcome to attend.
Virtual and in-person sessions are available.
Free, but registration is required because space is limited.



Register today by using the QR code or visit www.apdaparkinson.org/mo or call 636-778-3377

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Improvement Club



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Strength in optimism. Hope in progress.

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CONFERENCE**

Save the date

Thursday, May 1 12:30 - 4:00pm
(doors open at 11:30am)

Holiday Inn St. Louis SW – Route 66
10709 Watson Road
St. Louis, MO 63127

APDA Missouri Chapter

16100 Chesterfield Parkway W, Ste. 125 | Chesterfield, MO 63017
Office Hours: 9:00 a.m. - 4:00 p.m. Tuesday-Friday | Staff available by phone on Mondays
636.778.3377
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