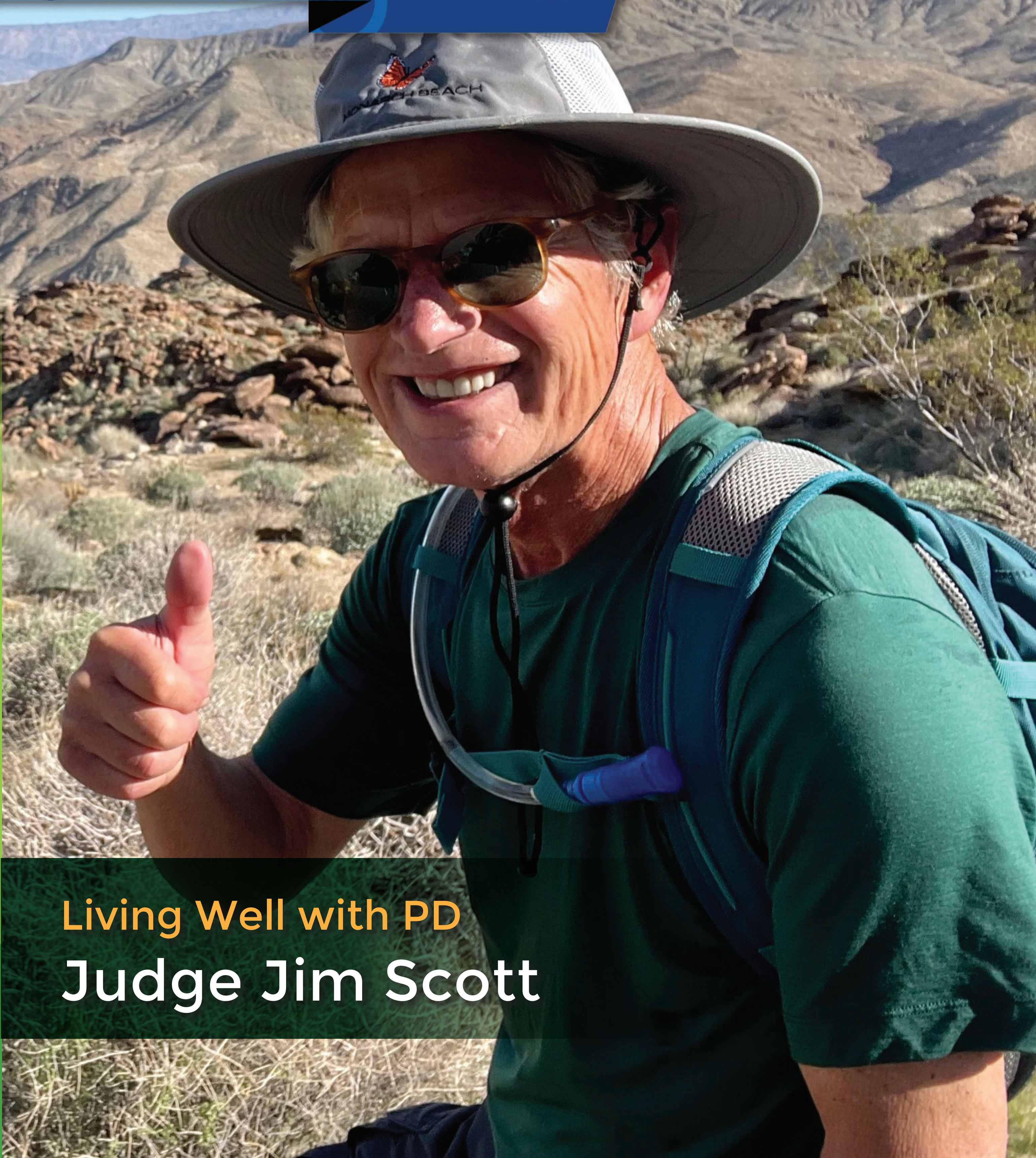
Live it!

A Resource for Iowans
with Parkinson's Disease
and those who care for them.



Living Well with PD

Judge Jim Scott

Live it! is a publication of the Iowa Chapter
of the American Parkinson Disease Association

volume 12 • issue 2
fall 2022

Live it!

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Also, follow us on Facebook (**www.facebook.com/IowaIandR**)

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Join us in our effort to cut back on physical mailings.

Simply call (515) 782-4386 or email apdaiowa@apdaparkinson.org to receive Live it! via email.

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Reader Submissions

Live it! magazine is intended to be a voice for the Parkinson's disease community. We encourage and are pleased to consider our words, an article, art, and photo submissions for future issues from our readers – anything that shows how you Live It! Please send your submission requests to Iowa Parkinson's Disease Association, PO Box 643, Ankeny, IA 50021 with *Live It!* On the attention line, or email them to apdaiowa@parkinson.org. Please note: The decision to include reader submissions is at the discretion of the editorial staff. The editorial staff reserves the right to edit or otherwise alter any material submitted. If you would like submission material returned to you, please include a stamped, self-addressed envelope.

Disclaimer

All material related to Parkinson's disease contained in this magazine is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the editorial staff, the medical director, The Iowa Chapter of APDA, or the APDA.

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from the Board President

Jeff Raines
President,
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apda AMERICAN PARKINSON DISEASE ASSOCIATION
IOWA CHAPTER

Greetings Friends!

The Iowa Chapter of the American Parkinson's Disease Association has had many eventful months since the last edition of the *LiveIT* magazine! I'm sure many if not most of you have seen the spring edition, and this edition will not disappoint either. Thank you for taking the time to discover what the Iowa Chapter Board has been working on, and what opportunities await you as you continue your journey.

Our June conference was a tremendous success, thanks to all of you who attended, all of the volunteers, and all of the professionals who shared their talents with all of us. We had approximately 700 people attend, plus a great showing of vendors and service providers, and so many volunteers. We appreciate all of you, as we work together to improve the lives of PD patients and their families, and work to get resources in the hands of those who need them.

We have added several more board members as we search out those that are committed to the cause of Parkinson's Disease awareness, treatment, and cure. Since the last edition, we have added Patrick Tomscha, Benton Maas, and Judge James Scott, to the board of directors. All bring their own expertise to our board and will do great things on behalf of the PD community.

Patrick lives in Sioux City and is our western Iowa connection. We shared with you in the last edition that a goal of the board this year is to reach as far into the state as possible so that the entire state is aware of the resources that are available, and they are served according to their need. We have made connections in the Mason City area with a great group of committed volunteers, and are looking forward to supporting them in their quest to stamp out PD and provide resources however we can. If you or someone you know needs information and resources for their PD journey, please contact our office. We are here to serve you.

The Iowa Chapter is also co-sponsoring with On With Life the Eastern Iowa Conference in the Iowa City area. We applaud On With Life for getting this organized, and are looking forward to joining them as the conference continues to provide support and resources to those in Iowa City and the surrounding area. We have made great strides already this year in getting information to the rural communities and clinics in the state as well.

Thank you again to Kay Arvidson and her committee and volunteers who have compiled this magazine again. Kay is such a blessing to the Iowa Chapter and we thank all of those involved for their excellent work. And thank you to all of the board members whose names are listed in the magazine. Their efforts are helping to push forward the reach of the Iowa Chapter, and all of their work is appreciated.

We are also including a donation envelope in this edition. Thank you for your support of our work to help everyone impacted by Parkinson's Disease live life to the fullest. Enjoy this edition and reach out to us with any comments or questions. Again, our goal is to help you and your family live your best lives possible. Together, we can all make a difference!

Be blessed,

Jeff Raines
American Parkinson's Disease Association, Iowa Chapter

from our medical director

The Iowa Parkinson Disease Association, Iowa Chapter, and Live It! Magazine are privileged to have board-certified clinical neurologist Lynn K. Struck MD as our advisory medical director. Dr. Struck is on staff with Unity Point Health Physicians, Des Moines, and is a leading expert in movement disorders in Iowa. She has focused her career on advances I treatment of her many patients with Parkinson's disease and ongoing research to find better treatments and, ultimately, a cure.

Lynn K. Struck, MD
Neurologist
Physician Specialty Clinic
UnityPoint Health – Des Moines

Thank you!

Thanks to all the wonderful volunteers, staff, patients and families that helped to make our Parkinson conference a great success this year. It was so nice to finally have an event together. Our last conference was three years ago. For individuals and families that were unable to attend, there recently was a PD resource guide published in NeurologyLive. I have included a copy for reference below. Learning more about your disease, support services available and effectively navigating the health care system is so important. It will improve your care in the long term. Hope you have a relaxed and enjoyable fall.

Lynn K. Struck, MD

WEBSITE	ADDRESS	CONTACT INFORMATION
American Parkinson Disease Association (APDA) https://www.apdaparkinson.org/	P.O. Box 61420 Staten Island, NY 10306	**Phone:** 800-223-2732 **Email:** apda@apdaparkinson.org
Davis Phinney Foundation for Parkinson's https://davisphinneyfoundation.org/	357 S. McCaslin Blvd., Ste. 105 Louisville, CO 80027	**Phone:** 866-358-0285 **Email:** website form and contact@dpf.org
Elder Care Services, Inc. (Parkinson's Outreach) https://www.eldercarebigbend.org/home	2518 W. Tennessee St. Tallahassee, FL 32304	**Phone:** 850-921-5554 **Email:** website form and info@ecsbigbend.org
The Michael J. Fox Foundation for Parkinson's Research https://www.michaeljfox.org/	Grand Central Station P.O. Box 4777 New York, NY 10163-4777	**Phone:** 212-509-0995 **Email:** info@michaeljfox.org
The Parkinson Alliance https://www.parkinsonalliance.org/	P.O. Box 308 Kingston, NJ 08528-0308	**Phone:** 800-579-8440; 609-688-0870 **Email:** contact@parkinsonalliance.org
Parkinson's Disease Research, Education and Clinical Center (PADRECC) https://www.parkinsons.va.gov/index.asp		**Phone:** 800-698-2411; 800-827-1000
Parkinson's Foundation https://www.parkinson.org/	200 SE 1st St., Ste. 800 Miami, FL 33131 1359 Broadway, Ste. 1509 New York, NY 10018	**Phone:** 800-473-4636 **Email:** helpline@parkinson.org
Parkinson & Movement Disorder (PMD) Alliance https://www.pmdalliance.org/	7739 E. Broadway Blvd., #352 Tucson, AZ 85710	**Phone:** 800-256-0966 **Email:** website form
Parkinson's Resource Organization https://www.parkinsonsresource.org/	74785 Highway 111, Ste. 208 Indian Wells, CA 92210	**Local phone:** 760-773-5628 **Toll-free phone:** 877-775-4111 **Email:** info@parkinsonresource.org

REFERENCE: NeurologyLive

Iowa Optimism Walk

Saturday, October 1, 2022

Check-in: Noon • Program starts: 1 p.m.

Principal Park (Iowa Cubs)
1 Line Drive, Des Moines, IA 20309

OPTIMISM WALK
AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

Earn great prizes for raising $100, $500 or more!

Register online today!

- apdaparkinson.org/IA
- Phone: (515) 782-3833
- apdaiowa@apdaparkinson.org

SCAN ME

Walk with us and help put an end to Parkinson's disease!

What is an Optimism Walk?

- A fun-filled fundraising event that offers a short non-competitive walk with family friendly activities!
- Part of a nationwide movement to step up and help put an end to Parkinson's disease.

Why Walk?

- Every 9 minutes someone is diagnosed with Parkinson's disease.
- Funds raised provide local support, education and research.
- The more funds we raise, the more people we can help!

NATIONAL SPONSORS: amneal Avion PHARMACEUTICALS

Eastern Iowa Parkinson's Conference

Thursday, October 20, 2022 | 8 a.m.- 4 p.m.

Available in-person at St. Andrew Presbyterian Church, Iowa City or Virtually

Persons with Parkinson's and their care partners are invited to attend this FREE conference. This year, our focus is on connecting Persons with Parkinson's and their care partners with as many local resources as possible.

We're also committed to giving you lots of information during the sessions:

- therapeutic interventions
- mental health
- how to get the right providers on your team
- and topics we sometimes forget about – like nutrition and sleep

JOIN US OCTOBER 20

Register today!

- Call (319) 259-6224
- OR email education@onwithlife.org

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Strength in optimism. Hope in progress.

Living Well: Scott v. Parkinson's

An Interview by Anne Scherer

If you want an honest reaction to a Parkinson's diagnosis, talk to Jim Scott. The Honorable James Scott was a District Judge for twenty years and he loved it. He had no plans to do anything else until retirement. His plans changed rapidly in 2014 when he was diagnosed with Parkinson's disease.

He had noticed a definite tremor in his right hand which caused him to seek medical advice. He was told he had essential tremor which is a nervous system disorder and not related to Parkinson's . He had doubts as the tremor became more of an issue and two months later he went to the Mayo Clinic where he was diagnosed with Parkinson's Disease. Now what?

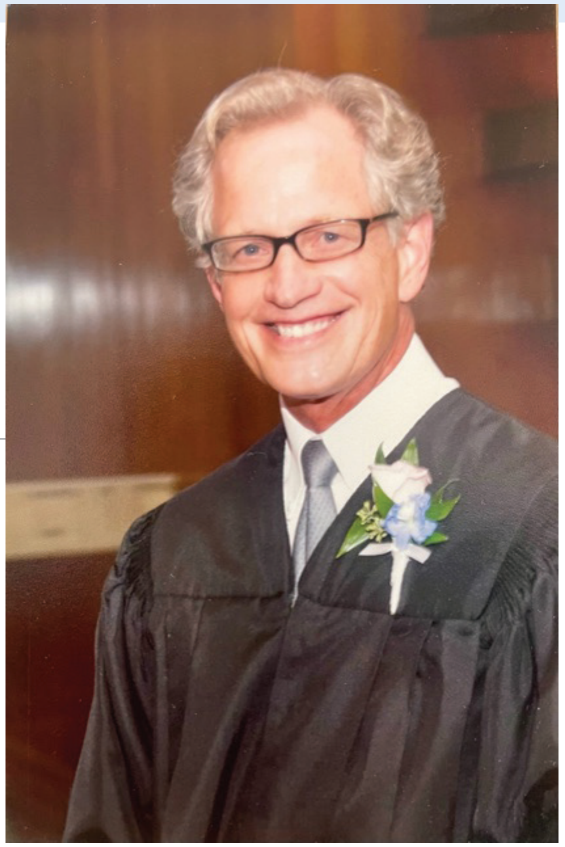
Fear of the Unknown

He admits to having an overwhelming fear of the unknown. How would it progress and how would he cope? How would he learn to live with a new "matter of fact?"

He took a month off so he could get his head around his "what now" issue and begin the rest of his life as a Parkinson's person. First concern, his love of the law and his role in it. He took an early retirement and became a Senior Judge for the Court of Appeals. Jim was honored to be selected to serve on this court. He decides cases virtually and works a quarter time schedule. Judge Scott hopes to do this for about two more years as it keeps him focused and involved and stimulates him intellectually.

Reaching Out

He then became aware he needed to reach out to other diagnosed people as well as reading and increasing his awareness of the disease. Not feeling alone on his journey was a great source of comfort for him and not just within the Parkinson's community. His wife, Colette (Cooky), is definitely by his side. Just one example is socializing, an important aspect of maintaining a meaningful life. However, speech became difficult and he often felt unable to converse. He struggled for proper word selection and no longer felt he had the ability to keep up in conversation.



The Honorable James Scott

Cooky made sure to arrange social activities to help Jim participate in conversations.. He admits he would probably not venture out and engage in this social life if it weren't for her. She is not only an extraordinary caregiver, she is an amazing social secretary, partner and friend.

Find the Right Doctor

After his diagnosis, Judge Scott went to a local neurologist. It wasn't a good fit and he sought out another. This is an important step in long term care. You need to be comfortable with your physician. He was given I-DOPA which is a standard medication for Parkinson's. However, he noticed his symptoms were slowly progressing. While his balance and gait were never an issue, he suffered from stiffness and loss of fine motor skills. He was given a greater dosage of the medication, but had side effects such as his jaw locking (oral dyskinesia). So, in October of 2021 he decided to have deep brain stimulation surgery (DBS)

Consider DBS

"It was scary," he admits. "I was awake and it took about 4 hours." While the brain itself does not feel pain, he said there were some unpleasant aspects. These aspects, however, do not affect his statement, "I have no hesitancy strongly advising PD people to consider DBS" After his surgery, he got his fine motor skills back and is not as stiff. He also could reduce his medication dosage. He explained that the implanted device is adjusted as needed. The neurologist will tweak the settings to address symptoms.

Living Well

When asked what he does to maintain his enjoyment of life. He said he enjoys the intellectual challenge of still doing part-time judicial work. He advocates exercise, and he practices what he preaches by biking, boxing and hiking. His Rock Steady Boxing group is one of his important social outlets. "It is nice to gather with others fighting the same fight." And there is Cooky, his hiking partner on this journey.

"We surround ourselves with the people we know well. I've found how helpful it is to be with family and friends for support. We can avoid social encounters or we can give people a chance to be supportive. We have found that there is no judgment regarding what I can't do as well as I did but rather happiness sharing what I can do now," says Judge Scott.

> *It is nice to gather with others fighting the same fight.*

Stay Active and Be Positive!

Asked what his advice would be to the newly diagnosed, Scott said, "Stay active! Reach out to someone with Parkinson's so you have the comfort of not being alone. Focus on what you can do and remember to stay positive!"

Jim loves to slalom ski. His wife Colette drives the boat, and a friend rides along to keep watch.

Judge Scott has an amazing outlook. He, like the phoenix, rose from uncertainty to great expectations.

He and Cooky still travel the world on active vacations of hiking, bicycling and exploration. They enjoy spending time with their families.

He will serve on the board of the Iowa Chapter of the American Parkinson Disease Association. He will continue his speech and voice therapy. And then there's water skiing. He and Cooky slalom ski lots every summer, and Jim plans to slalom ski even better following his Deep Brain Stimulation surgeries!

He does as he hopes others will do. He focuses on the positive. He embraces family and friends…and keeps moving!

Jim and Colette Scott on one of their many hikes around Palm Springs, California.

Power of Push Back

A Caregiver Message from Cheerleader Colette Scott

> The way that I have been able to deal with the fear of the unknown, has been to be there for Jim, encouraging him to do all he can to push back on the progression of PD.

When someone you love is diagnosed with Parkinson's Disease, it can be overwhelming. For me, my husband, Jim, was diagnosed in May, 2014.

Being a Cheerleader

I was walking with our younger daughter, Jacqueline, and Jim called us on his way home from Mayo Clinic with a definitive diagnosis. First, we cried, and when we got back home, we both started Google searches on Parkinson's Disease. I read all I could till Jim got home from Rochester. Armed with information, we began the journey of Jim, the person who happens to have Parkinson's Disease, and me, his spouse, and instead of a Caregiver, I prefer to call myself his CHEERLEADER.

Push Back the Progression

Telling everyone was up to Jim and how he would be comfortable with people's reactions. Remembering how we didn't know anything about PD helped him to educate people about PD and just talk about it, not hide it. It seems like the way that I have been able to deal with the fear of the unknown, has been to be there for Jim, encouraging him to do all he can to push back on the progression of PD. This has involved:

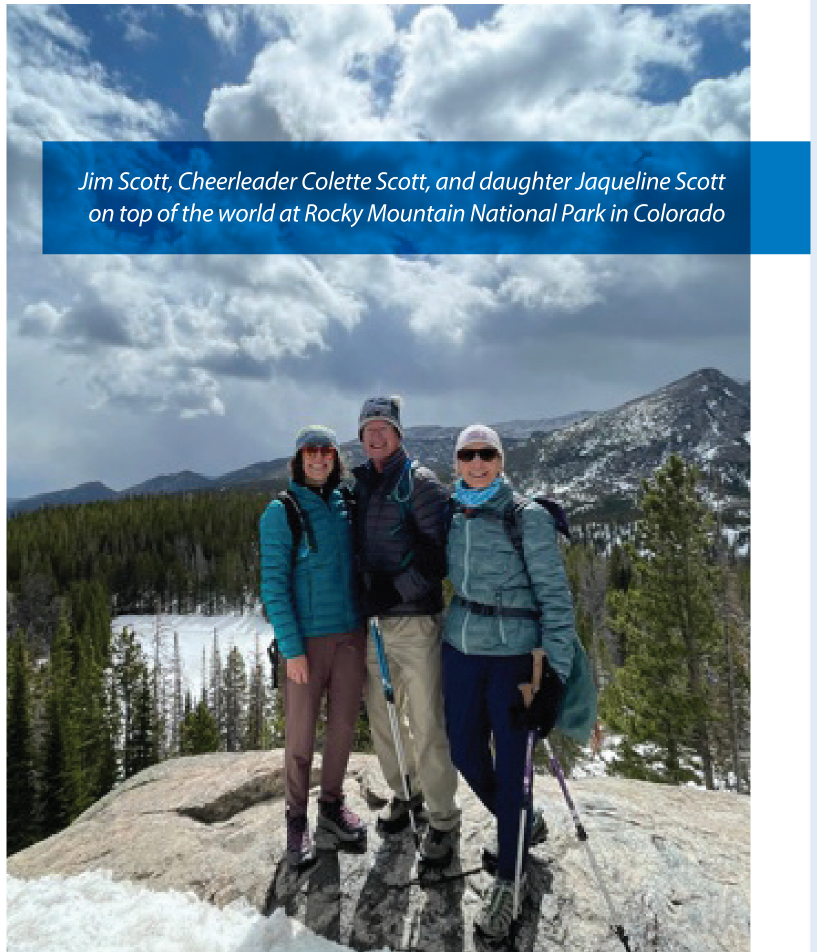
- Searching for a neurologist that is pro-active and connected to current PD research. I could make appointments and help with travel to find a neurologist that was a better fit.
- I attended the Iowa Chapter of the APDA Conference with Jim. This was so wonderful to see all these Iowan's at different stages of PD and their caregiver/cheerleaders there with them to get more information and feel the support of all those at the conference, attendees and vendors. Talking to other caregivers helped to 'diffuse the fears' and share current PD research, nutrition and exercise.
- One amazing outcome of our first conference was to discover Rock Steady Boxing. I helped Jim sign up for RSB in Carroll, Iowa at St. Anthony Regional Hospital Rehab and that began wonderful exercise to slow PD progression and deep friendships with all the boxers and spouses/partners/caregivers.
- Our younger daughter, Jacqueline, asked her Dad to train for a half-marathon in Philadelphia and raise funds for Parkinson's research. I did the clerical fund-raising set-up and travel plans, while Jim and Jacqueline shared training plans. We raised $2K from generous friends and family and Jim felt like he was part of an even larger community of people fighting Parkinson's Disease and talking about their fight. I was truly the cheerleader as they ran 13.1 miles around Philly and I rang a cowbell whenever they passed. The Power of Push Back.

Offer to Listen

Some of my cheerleading/caregiving journey has been more just being there and offering to listen to the frustrations of PD like stiff muscles, difficulty swallowing, and slowed speech. We were able to find a Certified LSVT Big and Loud Speech Therapist in Carroll where Jim did a series of appointments learning voice exercises. Now, when we are hiking together either locally or in some National Park or European trail, we do the vocal exercises…..and scare away any bears that might be sharing the trail!

DBS and More

When Jim was qualified for Deep Brain Stimulation surgeries, I had to step up my support mode through the prep and qualifying appointments and during the surgeries. Again, Jim has been brave and willing to do all he can to live fully with PD. I'm so proud and will continue to cheer loudly for him!



Jim Scott, Cheerleader Colette Scott, and daughter Jaqueline Scott on top of the world at Rocky Mountain National Park in Colorado

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Spotlight on Young Onset PD

Starting a Young Onset Support Group in Your Community

It started with a few couples meeting at the APDA June conference in 2016. They were people with Young Onset Parkinson's Disease (YOPD) and their spouses. They sat down and started to talk about how difficult it was to handle life with this diagnosis. They talked about how it affected everything in their lives: movement, medications, abilities, disabilities, attitude, perspective, work, family, friends. By fall 2016 they had formed a Young Onset Support Group.

At first, they met at each other's homes. They worked through their lives together – challenges, opportunities, children, empty nests, workplace issues, the things that bond people as great friends. Now, 6 years later, the group is still going. New and different challenges arise with the progression of PD, and as the group members move through life.

Dealing with YOPD is different only in the fact that you are in a different stage in life, still working, young kids, growing career. Who you tell, how much you tell, and when you tell is a huge decision that can affect your life. If you are one of the ones comfortable telling your story, tell it loudly and often, because you need to make up for others with YOPD who can't share due to their circumstances. Respect each other's privacy and don't reveal each other's story if they don't want it shared. Make the support group feel like an intimate gathering of friends with a healthy dose of respect for one another so that people are comfortable sharing within the group.

Here are some additional words of wisdom for anyone wanting to form a Young Onset Support Group in your community.

Members of the Central Iowa Young Onset Support Group are (L to R) Thai Burke, Kim Roby, Craig Haas, Sheila Jenkins, Sheryl Burke, and Sean Jenkins.

Getting Started

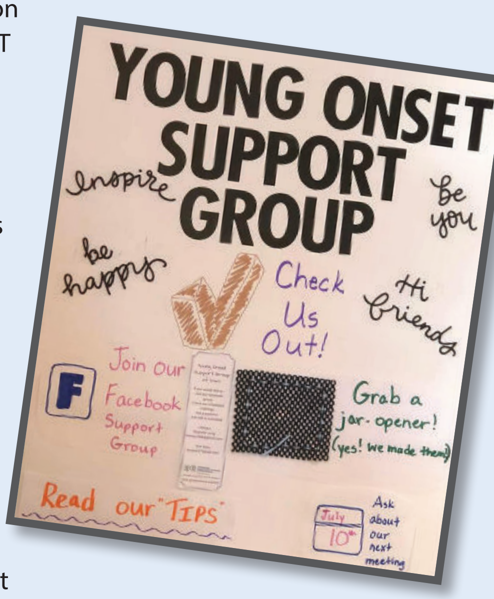
- Develop a slate of weekend meeting dates. Select parks and places where people with children could bring them to play while the adults talked, including each other's homes.
- Create a bookmark with contact information about the group. Place these at doctor and neurologist offices within your community. Churches too.
- Make the meetings social. Get to know each other. Occasionally have an informational speaker, but first become acquainted with each other.

What else?

- If possible, divide the caregivers from the others part way through the meetings so they can talk independently with each other.
- Define what "young onset" means to the group.
- Set up a private Facebook page to share meeting information and comments with each other.
- Gain the comfort to talk about your fears, family and work.
- Live in the present.

APDA is here to help

- APDA offers a $300 grant, renewable every year, to help PD support groups with expenses. These could be printing, speaker fees, meeting room costs, refreshments, transportation, just about anything.
- Tell us about your group and we will promote it on our website and in LiveIT Magazine. Send group contact information to apdaiowa@apdaparkinson.org.
- If you need PD materials – brochures, booklets, copies of LiveIT magazine, please let us know. Email us at apdaiowa@apdaparkinson.org
- Training is available for group facilitators through APDA Iowa. Email us to learn more at apdaiowa@apdaparkinson.org



Exercise for Life

LSVT BIG and LOUD

UnityPoint Health Physical Therapist Sarah Martin does BIG exercises with a client.

What is LSVT?

LSVT Stands for Lee Silverman Voice Treatment.

It started with Mrs. Lee Silverman, a person with Parkinson's, in 1987. At the time her family could not hear to understand anything Mrs. Silverman tried to say.

Her doctor engaged the help of a co-worker to develop an effective speech treatment for people with PD, one that scientifically documents its effectiveness. This speech treatment became the Lee Silverman Voice Treatment (LSVT LOUD). The program was later expanded to address physical or occupational therapy, in a program called LSVT BIG. All LSVT sessions are based on the most effective, evidence-based strategies for learning and neuroplasticity (the brain's ability to change). LSVT treatments are unique because the principles of LSVT are supported by research and the LSVT protocols have been scientifically studied over 25 years.

As a result of this research and the standardization of the treatments, positive outcomes of LSVT programs have been replicated around the globe. This reliable consistency provides people with Parkinson's increased confidence that they may achieve the outcomes they want and expect!

What is LSVT BIG

BIG is an evidence-based exercise approach that trains people with Parkinson's Disease (PD) to use their body more normally. LSVT BIG will teach a person with PD the amount of effort required to produce normal movements. LSVT BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or writing, or "large motor" tasks like getting up from a sofa or chair, or maintaining balance while walking.

These treatments have been shown to provide the following benefits:

- Improved walking (bigger steps, faster speed, decreased fall risk and improved balance.
- Improved movement quality with bigger and more controlled movements to increase independence with dressing, self-care, cooking and mobility.
- Overall increase in quality of life.

Because PD makes it harder to remember to use these bigger movements consistently, treatment includes a lot of repetition and progressive challenges, as well as daily home practice and assignments for using bigger movements in everyday life. Ultimately, LSVT BIG helps improve the mismatch between what you feel you're doing and what you're actually doing, making you more confident, comfortable and empowered. With one month of hard work, LSVT BIG can open doors to a more active and independent life.

The standard LSVT BIG treatment spans a minimum of one month, including daily practice and carryover exercises. Once that initial treatment is over, you'll continue to practice at least once a day for 10–15 minutes, which readies you to use your new movement skills all day at home or work and in your community!

It is also important to know that LSVT BIG is a life-long journey! A few things that can help you on that journey are:

- **Tune-up Sessions** - When you finish the four week LSVT BIG program, you and your therapist will decide when to return for a reassessment. Periodic "tune-up" sessions are recommended to provide you with motivation and feedback to help you maintain the benefits of your hard work.
- **BIG for LIFE®** - A Community-based exercise groups for people who have completed LSVT BIG treatment, created to help you stay fit and have fun exercising with others. BIG for LIFE classes are intended to be fun, challenging, engaging and will provide participants with opportunities for social interaction while they exercise!

Physical Therapist Sarah Martin, of UnityPoint Health says "People can see real life applications even from the first visit." She further says "This is an exercise program for life. The program is scientifically based, individualized to patient needs and goals, and provided in a 1 on 1 setting by certified therapists in order to improve overall quality of life. "

What is LSVT LOUD

LOUD improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a series of exercises. Focused on a single goal "speak in a LOUD voice" – the treatment does not train people for shouting or yelling. Rather, LOUD uses loudness training to bring the voice to an improved healthy vocal loudness without strain. The treatment not only stimulates the motor system, but it also incorporates sensory awareness training to help individuals with PD recognize that their voice is too soft, convincing them that the louder voice is within normal limits, and making them comfortable with their new louder voice. These treatments have shown the following benefits:

- Improved respiratory. Laryngeal and articulatory function to maximize speech intelligibility.
- Improvement in the common problems of disordered articulation, diminished facial expression, and impaired swallowing.

First there is an evaluation to identify what matters most to the patient and what things to improve. The program is then tailored to each person. "Evidence shows the sooner you start therapy the better the outcome is. This is a program you can continue to use for the rest of your life. It is very functional, salient and can make improvements in your everyday tasks within the first session. We make simple things easier." Says Cadence Simmons, UnityPoint Health Speech Therapist and certified LSVT LOUD instructor.

How are these programs delivered?

Physical and occupational therapists are trained to deliver LSVT BIG, Certified speech therapists are trained to deliver LSVT LOUD. Both are intense exercise programs that require a commitment of 16 sessions. 60 minutes each, administered daily over 4 weeks. They can be administered separately or within the same 4-week period. Most classes are covered by insurance, and a doctor referral is required.

Where do I go?

Reach these organizations to assist you with LSVT BIG and LOUD:

Iowa Methodist Medical Center Younker 3 Outpatient Therapy, Central Iowa	(515) 241-5284
MercyOne Riverside Rehabilitation Central Iowa	(515) 643-9800
On With Life, Ankeny Campus Central Iowa and other inquiries within the state. Several BIG and LOUD follow-up programs are also available through On With Life	(515) 289-9696
Penn Avenue Outpatient Therapy Central Iowa	(515) 263-5143
UnityPoint Health/Younker Rehablitation Therapy Services Central Iowa	(515) 224-5225

- You can also reach LSVT Global to find a certified clinician in your area by calling 1-888-438-5788, or going to the website **www.lsvtglobal.com/** .

UnityPoint Health Speech Therapist Cadence Simmons works with a client during a LOUD session

Iowa Exercise Programs

CERTIFIED PARKINSON'S CLASSES:

DELAY THE DISEASE: This program targets daily functional challenges and symptom-specific fitness agendas. It helps decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike.

ROCK STEADY BOXING: Structured class designed to minimize the effects of Parkinson's disease and improve activities of daily living. Classes are led by certified coaches and incorporate strength training, cardiovascular exercise and non-contact boxing.

CHAIR YOGA: A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION: Tai Chi is proven to be a specific fall-risk reduction exercise program. It combines leg strength, flexibility, range of motion, and reflexes, with the mindfulness and coordination of balance. Class can be seated or standing. Class intensity: Low

KEY TO ABBREVIATIONS:
L = Location
D/T = Days/Times
$ = Cost
C = Contact

Black Hawk County/ Waterloo

Delay the Disease
- **L:** MercyOne Wellness, 211 Ridgeway, Waterloo, IA 50702
- **D/T:** Wed. and Fri., 2-2:45 p.m.
- **$:** $30 for a 3 month session, (Free if you have Silver Sneakers, or Renew Active with your health insurance)
- **C:** (319) 272-1755

Boxing for Parkinson's
- **L:** Cedar Valley Boxing Club, 616 E 4th St, Waterloo, IA 50703
- **D/T:** Mon.12 p.m., Wed & Fri 9 a.m.
- **C:** Steve Rice, (319) 961-4020 or s.rice@centurylink.net

Bremer County/Waverly

Singing in Parkinson's Disease – The Waverly Warblers
- **L:** Waverly Health Center, Tendrils Rooftop Garden, 312 9th St. SW, Waverly, IA, 50677
- **D/T:** Mon. - 10 a.m.
- **C:** Kara Rewerts, 319-483-4118 or krewerts@waverlyhealthcenter.org

Delay the Disease Class
- **L:** Wartburg-Waverly Wellness Center, 100 Wartburg Drive, Waverly, IA
- **D/T:** Mon., Wed. & Fri. 10-11 a.m.
- **$:** $45 a month for members and $60 a month for guests
- **C:** Kerri Buresh, 319-352-8311 or kerriburesh@gmail.com.

Cass County / Atlantic

Delay the Disease
- **L:** St. Anthony's Hospital, 311 S Clark St, Carroll, IA 51401
- **D/T:** Thu. at 11 a.m.
- **$:** Free
- **C:** Melissa Schultes, 712-794-5815.

Rock Steady Boxing
- **L:** St. Anthony's Hospital, 311 S Clark St, Carroll, IA 51401.
- **D/T:** Mon., Wed. and Fri. 9 a.m. and 1 p.m. Tue. and Thu. at 10 a.m. Individualized classes and flexible times available.
- **$:** $150 per month
- **C:** Steve Schable, 712-794-5241 or sschable@stanthonyhospital.org.

Rock Steady Boxing
- **L:** Heritage House Wellness Studio, Heritage House, 1200 Brookridge Cir, Atlantic, IA 50022
- **D/T:** Mon. and Thu. at 2 p.m.
- **C:** Jon Jordan, 712-243-1850 or JJordan@wesleylife.org.

Cerro Gordo County/Mason City

Rock Steady Boxing
- **L:** Mason City YMCA, 1840 S Monroe Ave, Mason City, IA 50401
- **D/T:** Mon. 1-2:30 p.m., Mon/Wed 3:30-5 p.m., Thu 1:30-3 p.m.
- **C:** Terrye Vikre, 641-422-5999 or tvikre@masoncityymca.org

Clay County/Spencer

Parkinson's in Motion
- **L:** Spencer YMCA, 1001 11th Avenue West, Spencer, IA 51301
- **D/T:** Mon. and Wed. 10–11 a.m.
- **$:** Free if a Spencer YMCA Member; payment required for non-members.
- **C:** Megan Whitaker, 712-262-3782 or mwhitaker@spencerymca.org or.

Des Moines County/ West Burlington

Delay the Disease
- **L:** Great River Medical Center, Hawkeye Room, 1221 S Gear Ave, West Burlington, IA 52655.
- **D/T:** Tues. and Thu. 12:30–1:30 p.m.
- **$:** $5 a class.
- **C:** Julie Kirk, 319-768-4112

Gentle Yoga Class
- **L:** Chief Room at Great River Medical Center, 1221 S Gear Ave, West Burlington, IA 52655
- **D/T:** Mon. at 12:45 p.m.
- **C:** Julie Kirk, 319-768-4112

Johnson County/Iowa City

ReNu Your Life – Exercise for Parkinson's Disease (formerly Delay the Disease)
- **L:** Iowa City Senior Center, 28 South Linn Street, Iowa City, IA 52240.
- **D/T:** Wed. and Sun. 12:45–1:45 p.m.
- **$:** $5 per class or $50 punch card available.
- **C:** Contact instructor Kris Cameron at 319-361-7673 or kris@renuyourlife.com.

Rock Steady Boxing
- **L:** ICOR Boxing, 1127 Shirken Dr., Iowa City
- **D/T:** Mon. and Wed. 3:30 – 5 p.m.,
  Sat 12–1:30 p.m.
- **C:** Emily or Clif, 319-244-8282 or icorboxing@gmail.com

Jones County/Anamosa

Delay the Disease
- **L:** UnityPoint Health – Jones Regional Medical Center, 1795 HWY 64 East, Anamosa, IA 52205.
- **D/T:** Class Currently not meeting due to covid-19
- **$:** FREE
- **C:** Allison Niedermann, 319-481-6195 allison.neidermann@unitypoint.org

Kossuth County/Algona

Delay the Disease Class
- **L:** Algona Family YMCA, 2101 E. McGregor Algona, IA 50511.
- **D/T:** Tues. 1 -2 p.m., every third Tue. of month has a guest speaker at no cost
- **$:** $12 for a 6 week session or $3 for a one day pass.
- **C:** 515-295-7701 or jeni@algonaymca.org.

Linn County/Cedar Rapids

Moving with PD
- **L:** 260 33rd Ave SW, Cedar Rapids, IA 52404
- **D/T:** Mon 11:15-noon pm
- **C:** Kris Cameron, 319-361-7673 or kriscameron@crmetroparkinsons.com.

Parkinsingers – Vocal Exercise/ Movement for PD
- **L:** 260 33rd Ave SW, Suite G, Cedar Rapids, IA 52404
- **D/T:** Tue 2– 2:45 p.m.
- **C:** Kris Cameron, 319-361-7673 or kriscameron@crmetroparkinsons.com.

Marion County/Pella

Rock Steady Boxing
- **L:** PRC Health & Fitness, 819 Broadway St. Pella IA 50219
- **D/T:** Mon. and Thu. .1 – 2 p.m.
- **$:** $60/month
- **C:** Natasha Nikkel, 641-620-4269 or nnikkel@wesleylife.org. Pre-registration is required.

Muscatine County/ Muscatine

Delay the Disease
- **L:** Hillcrest Baptist Church, 1613 Bidwell Road, Muscatine, IA 52761.
- **D/T:** Twice a week: Rotating schedule of Tues. and Thur. for 4 weeks followed by Mon. and Wed. for 4 weeks.
- **$:** $5 per class
- **C:** Anthony Krumbholz, 319-981-3321 or AnthonyKrumbholz@yahoo.com.

Polk County/Des Moines Area

Genesis Health Club Neuro Wellness Program
L: 4875 Mills Civic Pkwy, West Des Moines, IA 50265
C: Amy Belvo for all classes 515-223-5333
- **Neuro Cycle:** 45 min. Tuesday, Thursday: 12:00 pm
- **Parkinson's Boxing:** Wednesday, Friday: 11:00 a.m.
- **Delay The Disease:** Tuesday & Thursday 10:30 am
- **Neuro Aqua:** Mon. 12:00 p.m.

Mercy Health & Fitness
L: 12493 University Ave, Clive, IA 50325.
C: For all classes: Ildiko Timmerman, 515-645-3344, itimmerman@mercyhealthfitness.com.

Delay the Disease
- **D/T:** Mon. and Wed. 1-2 pm
- **$:** Members-free. Non-members can attend by purchasing a daily pass for $10

Rock Steady Boxing
- **D/T:** Tue., Thu. and Sat. 11 a.m.-12 p.m., Wed. 5:30-6:15 p.m.
- **$:** Members/Non-Members $99 for 10 classes
- Participants must have a medical release from their doctor and need to go through assessment before attending class.

Chair Yoga
- **D/T:** Tue. and Thu. 10-10:45 a.m.
- **$:** Members-free. Non-members can attend by purchasing a daily pass for $10

Tai Chi for Arthritis & Fall Prevention
- **D/T:** Mon. & Wed. 10:30-11:20 am
- **$:** Members/Non-Members $80 for 8-week session, please call center for session dates.

Cycle Wellness
- **D/T:** 11:00 – 11:45 Fridays
- **$:** Members-free. Non-members can attend by purchasing a daily pass for $10

Aqua Wellness/Ai Chi
- **D/T:** Mon. and Wed. 1:45 – 12:30
- **$:** Members-free. Non-members can attend by purchasing a daily pass for $10

Personal Trainers specialized in working with people with PD are available for training sessions. Contact the center by calling 515-226-9622, or fill out the personal training request form online at mercyhealthfitness.com/services/personal-training

Walnut Creek YMCA
L: 948 73rd St, West Des Moines, IA

Tai Chi for Fall Prevention
- **D/T:** Friday 11:00 – 12:00
- **$:** Contact YMCA for details, 515-224-1888

Wesley Acres
L: 3520 Grand Ave., Des Moines, IA 50312

Rock Steady Boxing
- **D/T:** Tue., Thu. 11 – 11:45 Pre-registration is required.
- **$:** $40/month
- **C:** Alee Phillips, 515-271-6720 for information and to register.

Edgewater, Wesley Life
L: 9225 Cascade Avenue, West Des Moines, IA 50266

Rock Steady Boxing
- **D/T:** Tue. and Thu. 10–11 a.m.
- **$:** $45 a month
- **C:** Abby Harlacher, 515-978-2404 or aharlacher@wesleylife.org

Rock Valley Physical Therapy
L: Ferrell's eXtreme Bodyshaping 121 NE 18th Street, Ankeny IA 50021

Rock Steady Boxing
- **D/T:** Mon. and Wed. 10 –11 a.m.
- **$:** $70/month
- **C:** Colleen Shannon, 515-964-2559 or colleen.miller@rockvalleypt.com

On With Life, Ankeny, Iowa
L: 715 SW Ankeny Rd, Ankeny, IA 50023

Parkinson's Boxing, Agility, and Balance
- **D/T:** Mon. and Thu. at 11 a.m. - Noon
- **C:** call 515-289-9696

Scott County/ Davenport

Fun & Functional Fitness
- **L:** Genesis Physical Therapy, 2720 W Locust St, Unit 8B, Davenport, IA 52804
- **D/T:** Tue. and Thu. 3:20 – 4 p.m.
- **$:** $35 for an 8-class card.
- **C:** 563-421-3495

Scott County/ Bettendorf

Rock Steady Boxing
- **L:** Genesis Health Club, TBK Bett Plex 4850 Competition Drive, Bettendorf, IA
- **D/T:** Mon. & Wed. 11:30-1
- **$:** $75 for 2 X week, $90 for 3X week
- **C:** Kristen Hawley, 563-421-3460 or hawleyk@genesishealth.com

Delay the Disease
- **L:** R. Richard Bittner YMCA, 630 E 4th Davenport, IA, 52802
- **D/T:** Tuesday, Thursday 11:30 – 12:15
- **$:** FREE for YMCA members,
- **C:** 563-322-7171 to register

Story County/Ames

For all classes contact Alternative Medicine for PD (AMMPD) Lab at Iowa State University at 515-294-5476.

Boxing for People with Parkinsons
- **L:** First Baptist Church of Ames, 200 Lynn Ave, Ames, IA
- **D/T:** Tuesday, 2:00 -3:00 pm, in person or virtually
- **$:** Free

Singing in Parkinson's Disease
- **L:** First Baptist Church of Ames, 200 Lynn Ave, Ames, IA
- **D/T:** Wednesday, 2:00 -3:00 pm, in person or virtually
- **$:** Free

Yoga in Parkinson's Disease
- **L:** Attend Virtually
- **D/T:** Thursday, 2-3 pm
- **$:** Free

Union County/ Creston

Southern Prairie Family Fitness
L: 1201 W Townline, Creston, IA 50801.
C: Candice Honnald, 641-782-9622 or chonnold@spffc.org

Rock Steady Boxing
- **D/T:** Mon. and Wed. 9:15-10 a.m.
- **$:** Free for Southern Prairie YMCA members; 10 day pass for non-members.

Strength and Stability
- **D/T:** Tue. and Thu. 9:15-10 a.m.
- **$:** Free for Southern Prairie YMCA members; 10 day pass for non-members.

Parkinson's and Limited Mobility
- **D/T:** Mon. and Wed. 9:15–10 a.m.
- **$:** Free for Southern Prairie YMCA members; $10 day pass for non-members.

Wapello County/ Ottumwa

Rock Steady Boxing
- **L:** Ottumwa YMCA, 611 N Hancock St, Ottumwa IA 52501
- **D/T:** Tue. and Thu.1:30–2:30 p.m.
- **$:** $60/month
- **C:** Heather 641-684-6571 ext. 26 or email: Heather@ottumwaymca.com

Warren County/ Indianola

Aquatics to Restore Health
- **L:** Indianola YMCA, 306 E Scenic Valley Ave, Indianola 50126
- **D/T:** Tuesday, Thursdays 11:00 – 11:45 am
- **$:** Free if YMCA-Medical Programming Member
- **C:** Indianola Y at 515-777-7746

Rock Steady Boxing
- **L:** Anytime Fitness, 402 N Jefferson Way, Indianola, IA 50125
- **D/T:** Monday, Thursday 1:00 – 2:30 p.m.
- **C:** Monica Vail, 515-962-4741 or mvail@wesleylife.org

PLEASE NOTE: Call or email the contact person noted to confirm locations and times.

DO YOU KNOW of other wellness programs not listed here? Please let us know at (515) 782-4386.

IF YOU NEED ASSISTANCE to learn how to attend a virtual event, we can help. Reach us at (515) 782-4386.

APDA Iowa Presents: Living Well with Parkinson's

Information and Referral Webinar Series

Third Thursday Webinar | 12:00 PM CT | Via Zoom
Education & Local Resources for Iowans impacted with PD

SEP 15
Disability Rights Iowa
Catherine Johnson, Executive Director
Thursday, September 15, 2022 | 12:00 p.m. CT | Via Zoom

OCT 20
Parkinson's Disease 101
Gail McGaughy, PT On With Life
Thursday, October 20, 2022 | 12:00 p.m. CT | Via Zoom

NOV 17
Area Agency Aging
Kay Vanags, Aging Resources of Central Iowa
Thursday, November 17, 2022 | 12:00 p.m. CT | Via Zoom

DEC 15
Assistive Technology
Jennifer Six, Easter Seals
Thursday, December 15, 2022 | 12:00 p.m. CT | Via Zoom

2023 DATES
MARK YOUR CALENDARS

JAN 19 **FEB 16** **MAR 16**

All are held at 12:00 p.m. CT | Via Zoom

Visit our website for details on 2023 programs.

REGISTER NOW

☎ (515) 782-4386
✉ apdaiowa@apdaparkinson.org
apdaparkinson.org/iowa

AMERICAN PARKINSON DISEASE ASSOCIATION
IOWA CHAPTER

Strength in optimism. Hope in progress.

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- ☑ Register for the Optimism Walk
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- ☑ Click to watch June 2022 Conference presentations
- ☑ Register for the Eastern Iowa PD Conference (It's free!)

APDA Publication Request Form

AMERICAN PARKINSON DISEASE ASSOCIATION
IOWA CHAPTER

Strength in optimism. Hope in progress.

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- ☐ Parkinson's Disease and Oral Healthcare
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- ☐ Living Well with Parkinson's Disease - 10 Things You Can Do Now
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- ☐ Make Your Voice Heard! Healthy Communication and Parkinson's Disease
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- ☐ Medications to Avoid
- ☐ Medications Approved

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