



Community Grants are made available through the efforts of Moving Day®, the National Parkinson Foundation, and the support of our local community.

For more information about how you can help, please call us at 1-800-473-4636 or [movingday@parkinson.org](mailto:movingday@parkinson.org).

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Community Exercise for People with Parkinson Disease – MDT Education Solutions, Inc.

Education Seminar: Community Conversations with PD Researchers – Emory University

Future Care Providers Education Seminars – Emory Student Nurses Association

Future Care Providers Education Programs – Allen Rabinowitz

Health, Wellness & Resiliency (An Enriching Educational Course for Older Adults with PD) – Emory University

Boxing Class for PD – Livramento Delgado Boxing Foundation, Inc.

Ageless Grace Certification Scholarships – Lana Gelb

Promotion and Expansion of PD Fitness Network – PD Gladiators

Symptom Relief & Support: Outpatient Chronic Palliative Care – Lindsay Prizer

## Community Exercise for People with Parkinson Disease – MDT Education Solutions, Inc.

The National Parkinson Foundation is proud to be a sponsor of a new continuing education course, “Community Exercise for People with Parkinson Disease”, designed to teach healthcare and fitness professionals how to provide safe and effective exercise programs for people with Parkinson disease (PD). The course will be held next on August 2-3, 2014 at Lenbrook, Atlanta's only nationally accredited senior living community. In recent years, research has demonstrated the beneficial effects of exercise for people with Parkinson disease (PD). Parkinson disease is a neurodegenerative condition that causes tremors, stiffness, slowness, behavioral disorders, sleep problems, and functional decline. Parkinson's experts believe that exercise can help delay the progression of the disease and improve quality of life. However, many people with PD are unsure of what type of exercise to do or are uncomfortable participating in traditional gym-based classes. This two-day workshop will prepare health and fitness professionals to provide safe, high-quality group and individual exercise programming for people at all stages of PD. The goal is to enhance continuity of care between physicians, physical therapists and community exercise providers to promote improved outcomes for people with Parkinson disease. MDT Education Solutions, LLC developed the workshop. It will be taught by Dr. Madeleine Hackney, Ph.D., a Research Health Scientist at the Atlanta VA Center for Visual and Neurocognitive Rehabilitation and an Assistant Professor in the Emory University School of Medicine. Teaching with her are two physical therapists, Dr. Tricia Creel, DPT, NCS and Dr. Doherty Riebesell, DPT, GCS, both with extensive experience working with people with PD. Didactic instruction will be paired with hands-on exercise experiences to ensure that course participants are well prepared to work with populations with special needs. Please contact Tricia Creel at [triciacreel@comcast.net](mailto:triciacreel@comcast.net) or at 678-951-3361 for more information.

Dates: August 2-3, 2014

Location: Lenbrook, Atlanta's only nationally accredited senior living community  
3747 Peachtree Rd, NE  
Atlanta, GA 30319  
404-264-2429  
[www.lenbrook-atlanta.org](http://www.lenbrook-atlanta.org)

Instructors: Madeleine Hackney, Ph.D., Certified ACE personal trainer  
Assistant Professor, Emory University School of Medicine; Research Health Scientist, Atlanta VA Rehabilitation R&D Center of Excellence

Doherty Riebesell, PT, DPT, GCS  
Physical Therapist, PT Solutions

Tricia Creel, PT, DPT, NCS  
Physical Therapist, PT Solutions

Contact info: [www.apdageorgia.org/exercise-classes](http://www.apdageorgia.org/exercise-classes)  
Tricia Creel  
678-951-3361 or [triciacreel@comcast.net](mailto:triciacreel@comcast.net)

## **Education Seminar: Community Conversations with PD Researchers – Emory University**

Funding from the National Parkinson Foundation will support an extension of the “Community Conversations with Parkinson’s Disease Researchers” series of outreach event at Emory University. These annual events are organized by combining the efforts of personnel from the Udall Center of Excellence for Parkinson’s disease research at Emory University (the center PI, Dr. Wichmann, and the center administrator, Christina Holbrook), the center’s community outreach board, and the social worker of Emory’s movement disorder clinic’s, Ms Lynn Ross. Every year, the “Community Conversations” event draws large numbers of Parkinson’s disease patients and their family members to discuss Parkinson’s disease research results with Emory researchers. The small group session format of the event facilitates informed decision making by patients and families regarding Parkinson’s disease diagnosis, treatment and care. We also try to convey to Parkinson’s disease patients that they should be (personally and as a community) major stakeholders in sound basic scientific studies as well as clinical trials. Funding from the Community Grants Program will help us to open the event to a much larger number of participants than previously possible, advertise it more effectively, invite nationally known speakers for a keynote address, and add exercise classes tailored to Parkinson’s disease patients to the 2015 program.

TBD

## **Future Care Providers Education Seminars – Emory Student Nurses Association**

Our goal as the Georgia Nursing Students team is to better educate nursing students in the Atlanta area on the reality of those living with Parkinson’s disease. We are excited for the opportunity to hold education seminars at nursing schools around the greater Atlanta metropolitan area and surrounding areas. We will also use these opportunities to gain more support for our team as we prepare to participate in the Moving Day Atlanta Walk this November. We are honored by this opportunity and look forward to supporting the National Parkinson’s Foundation for many years to come.

TBD

## Future Care Providers Education Programs – Allen Rabinowitz

It almost seems at times that patients presenting with Parkinson's symptoms might have dissimilar illnesses. Parkinson's disease affects each individual in diverse ways, and the treatment which may seem sufficient to some, may be found woefully lacking to others.

Future Care Provider Education is a program designed to familiarize future nurses, occupational therapists and physical therapists with the special challenges involved in providing treatment and care to Parkinson's patients. The one-hour demonstration, presented by Allen Rabinowitz, who was diagnosed with Parkinson's in 1999, explains to tomorrow's health care providers the pitfalls involved in evaluating and devising therapy strategies for those patients.

The program spotlights creative solutions to solve such issues as balance, falls, freezing and coping with the variety of physical and cognitive changes that come with the progression of the disease. The audience will learn these techniques with an emphasis on listening to the patient's concerns before tailoring a therapy program to fit the individual. Aspiring health care providers will learn the importance of taking an active role in the patient's care by explaining possible drawbacks ahead as well as helping the Parkinson's patient explore ways that he or she can take control of everyday situations.

TBD

## Health, Wellness & Resiliency (An Enriching Educational Course for Older Adults with PD) – Emory University

To help individuals with PD bravely face challenges in maintaining their health, group educational classes provide interaction and stimulation to maintain cognitive functioning and improve quality of life. Education is also important in enhancing PD-management self-efficacy. Dr. Madeleine Hackney, Lindsay Prizer, the Emory Medical Student Club, and Wesley Woods Senior University will offer a ten-week educational seminar, offering twice weekly, highly diverse 90-minute sessions on health-related topics, designed to encourage extensive interaction as well as socialization. Faculty, clinicians, graduate and medical students from Emory, Georgia Institute of Technology, and Georgia State University among others will deliver lecture/discussion followed by partnered and group learning using structured activities, discussion, and Q&A. These seminars will provide information on general wellbeing and contemporary scientific advances and will be moderated by a graduate student along with several undergraduate students. All speakers will relate their topics to PD for a portion of their presentations. Based on previous successful courses, which were enthusiastically evaluated in terms of enjoyment, we expect the program to be well received. All are welcome! For more information, please contact Madeleine E. Hackney, PhD at [mehackn@emory.edu](mailto:mehackn@emory.edu).

Dates: March 3 – May 21, 2015, Tuesdays and Thursdays from 10:00 – 11:30 am.

Location: Wesley Woods Health Center, 5<sup>th</sup> Floor Conference Room  
1841 Clifton Road NE  
Atlanta, GA 30029

Instructors: Dr. Madeleine E. Hackney, Lindsay Prizer, Rebecca Dillard and Christine Bowman

Contact Info: Jessica Wilson (will not be recruiting until the fall)  
[jessica.wilson2@emory.edu](mailto:jessica.wilson2@emory.edu)

## Boxing Class for PD – Livramento Delgado Boxing Foundation, Inc.

Livramento Delgado Boxing Foundation (LDBF), a Georgia nonprofit, operates the successful PD Gladiators Boxing Training for PD program in the metropolitan Atlanta area. The program is a typical **non-contact** boxing training workout that provides intense exercise along with the intentional mind-body, goal-oriented coordination that researchers say may help slow the progression of Parkinson's disease. Paul Delgado, the Chairman of the organization and the trainer in charge of the boxing training program, recently completed the Rock Steady Boxing Training Camp for PD in Indianapolis and has expanded the program from one day a week to three days a week, and LDBF hopes to eventually offering the program to people with Parkinson's disease at all levels of disability. The NPF's award of a \$5,000 grant will allow LDBF to acquire conditioning and training equipment that will facilitate the expansion of its boxing training program and allow more people with PD in the metro Atlanta area to participate in this intense, fun and effective workout.

Dates: Every Monday, Wednesday and Saturday at 12:00 pm

Location: Delgado Boxing  
6335-B Roswell Road  
Sandy Springs, GA 30328  
404-856-0093

Instructors: Paul Delgado, Tony Pina, Jose Santiago, Jerrid Burke, Jonathan Hodges

Contact Info: Paul Delgado  
678-481-4169 cell  
404-856-0093 office  
[www.delgadoboxing.net](http://www.delgadoboxing.net)

## Ageless Grace Certification Scholarships – Lana Gelb

Ageless Grace®, 21 Simple Tools for Lifelong Comfort and Ease™, is a seated exercise program, based on the cutting-edge science of Neuroplasticity. Ageless Grace® re-opens neural pathways developed in childhood, which have been lost, and also stimulates the creation of new ones. Each tool addresses a primary factor of physical aging and all the tools stimulate the five functions of the brain—analytic, strategic, kinesthetic learning, memory/recall, and creativity and imagination. Ageless Grace® is a perfect fit for PD for many different reasons. The program’s 21 tools offer a variety of modalities recommended for PD - Yoga, Tai Chi, Dance, Voice, Breath and Balance training. All exercises are designed to be practiced in a chair, so that people of all ages and abilities, including those with physical limitations, can participate at their own level without fear of falling, feeling unstable or embarrassed. Catchy familiar music is used to lift the spirits and there is no need to learn any special choreography. The movement sequences are based on everyday movements that are natural and organic and focus on the healthy longevity of the body, brain, mind, emotions and spirit. Ageless Grace® is widely offered in the U.S., Canada, the U.K., the Netherlands, Australia, New Zealand, Singapore, and South Africa. Denise Medved, the founder and creator of Ageless Grace® spent 7 years with a “top 100 US” hospital, and a university graduate department in nursing and gerontology, developing this creative program.

Dates: Ageless Grace Certification Training for eight scholarship recipients will take place on Friday, October 31<sup>st</sup> and Sunday, November 2<sup>nd</sup>

Instructor: Lana Gelb

Contact Info: Lana Gelb  
[lanagelb@gmail.com](mailto:lanagelb@gmail.com)



## Promotion and Expansion of PD Fitness Network – PD Gladiators

PD Gladiators is in the process of forming the PD Gladiators Metro Atlanta Fitness Network, bringing together independent fitness instructors, the YMCA of Metro Atlanta, physical therapists, local gyms, experienced volunteers with Parkinson’s disease and care partners to offer a package of PD-specific exercise classes and support that will help people with Parkinson’s design a personal exercise program that is effective, fun and sustainable. The Network’s offerings will include low-cost aerobic dance, general fitness, non-contact boxing training, tai chi and yoga classes adapted for people with PD. The Network is expected to begin full operations in September.

Dates: TBD: visit website at [www.pdgladiators.org](http://www.pdgladiators.org).

Location: TBD

Contact Info: PD Gladiators  
770-450-0792  
[www.pdgladiators.org](http://www.pdgladiators.org)

## Symptom Relief & Support: Outpatient Chronic Palliative Care – Lindsay Prizer

Over the course of 2014-15, many hospices in Georgia will begin to offer non-hospice palliative care services, and as access to non-terminal outpatient palliative care grows, it will be crucial for information to be shared on how these palliative services can benefit individuals with PD. **Symptom Relief and Support: Palliative Care for Parkinson's disease** is a two-part educational initiative to increase awareness of, and enhance palliative services for, PD patients. The first phase of this educational program targets 15 palliative care agencies, providing information to agency staff on the specific palliative care needs of PD patients in the form of in-service presentations. The second phase of this program will educate PD patients and their family members in 15 Georgia PD support groups on the benefits of non-hospice palliative services. By educating both the PD patients and the care providers in Georgia, we aim to increase the utilization of these interdisciplinary palliative care services by the PD population and to improve overall care for patients throughout the state.

Dates: TBD

Locations: TBD

Contact Info: Lindsay Prizer  
[lindsayprizer@yahoo.com](mailto:lindsayprizer@yahoo.com)