



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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LSVT BIG/LOUD Therapist Certification - Rex Healthcare

Parkinson's Education Workshop for Healthcare Professionals - UNC

PWR! Moves PD Exercise Class - Cone Health Neurorehabilitation Center

Improv Dance Workshops - Wake Forest University

LSVT BIG/LOUD Therapist Certification - Nash Day Hospital Rehab

LSVT BIG/LOUD Therapist Certification - Cape Fear Valley Health

Conferencing Technology for Remote Support Group Attendance - Brookshire Nursing Center

## **LSVT BIG/LOUD Therapist Certification - Rex Healthcare**

In July 2014, Rex Healthcare in Raleigh, North Carolina received a grant from the National Parkinson Foundation. Rex will use NPF grant funds to increase the number of patients who have timely access to Parkinson's evaluations and therapy regimens. Grant funds will help provide specialized training to therapists. Rex will use funds to train therapists in the NPF ATTP. Additionally, Rex will use funds to train two therapists in LSVT BIG, a therapy that helps prevent loss of muscle movement in Parkinson's patients. The grant will also fund training for one therapist in LSVT LOUD, a therapy that improves voice and speech function in Parkinson's patients.

These additional trained therapists will expand our capacity to serve patients. We anticipate that grant funds will allow us to increase the number of new patients we evaluate per month from 16 to 28, a 75% increase. Since Rex is a major provider of outpatient therapy in Wake County, the grant will have a measurable impact for patients living with Parkinson's in our area.

TBD

## Parkinson's Education Workshop for Healthcare Professionals - UNC

Specialized, comprehensive care plays a key role in helping people with Parkinson's disease (PD) and their family carepartners to adapt to unique challenges and to live meaningful, functional lives throughout the course of their chronic, progressive disease. Through its work with the PD population and clinicians from across North Carolina (NC), the Movement Disorders Center at the University of Chapel Hill (UNC), a National Parkinson Foundation Center of Excellence, has been able to identify multiple areas of the state that are in dire need of clinicians with specialized knowledge of PD as well as other beneficial PD resources. Working with the local rehabilitation center and other community stakeholders, UNC will host a one day PD educational program for healthcare professionals in one area of the state in need of such services, targeting clinicians from the southeastern region of NC surrounding the city of Fayetteville. This workshop will be tailored to physicians (PCPs, Neurologists) and allied health clinicians (Physical/Occupational/Speech Therapists, Social Workers, Nurses, Psychologists), with the goal of increasing their understanding of this complex movement disorder. Through this workshop, UNC aims to enhance the quality of PD care in and around Fayetteville, NC, and ultimately, the quality of life of people living with PD residing in that area.

TBD

## **PWR! Moves PD Exercise Class - Cone Health Neurorehabilitation Center**

Regular exercise can deter the effects of Parkinson's disease, especially during the early and moderate stages of Parkinson's disease (PD). The Cone Health Neurorehabilitation Center is currently actively involved in community education and support related to Parkinson's disease. The PWR! MOVES PD exercise class will promote healthy exercise habits in order to slow the effects of PD. The PWR! MOVES PD exercise class will target those individuals with minimal to moderate levels of Parkinson's disease severity in the Greensboro area. The therapist-led classes will maximize mobility, function and quality of life for individuals with PD. Participants will engage in a variety of activities that target the effects of Parkinson's disease during each of the classes. Classes will be geared towards managing posture, strength, balance and flexibility with use of research-based exercise activities.

Dates: Wednesdays 12 pm -1 pm beginning September 17, 2014 through June 2015

Location: Moses Cone Memorial Hospital  
1200 N. Elm Street  
Greensboro, NC 27401

Instructors: Amy Marriott, Physical Therapist  
Angela Freeman, Occupational Therapist  
Denise Robertson, Physical Therapist Assistant

Contact Info: To learn more, contact the class instructors at Cone Health Outpatient Neurorehabilitation Center for further information by calling (336) 271-2054. You may also visit our website at [www.conehealth.com](http://www.conehealth.com)

## Improv Dance Workshops - Wake Forest University

Associate professor of dance Christina Soriano teaches a movement class to people living with Parkinson's disease and their carepartners each week in Winston-Salem, NC. Her class, routinely assisted by a WFU undergraduate dance student, stresses improvisational reactions and responses to movement cues over a more traditional "follow the teacher" approach. Soriano feels this mode of teaching is preferable for people with Parkinson's Disease (PPD) as it asks class participants to be spontaneous and make decisions in the moment, often a challenging endeavor for PPD. After many inquiries from physical therapists and support group leaders to offer her class to different PD communities in NC, Soriano applied for and received a \$2500 from the National Parkinson Foundation to offer three training workshops in the triad, triangle, and western part of NC that will demonstrate her improvisational approach. The training workshops will be ideal for neurologists, neuroscientists, support group leaders, physical or occupational therapists, medical students, and various movement artists and teachers. With support from the National Parkinson Foundation, Soriano plans to share some of the improvisational movement exercises and strategies she has developed in her weekly class and encourage other Parkinson's communities in NC to implement these strategies as well as create their own for their PD communities.

For Soriano, this meaningful art-science research initially began when WSSU emeritus professor of Physical Therapy, Glenna Batson recruited Soriano to work with her on a WSSU-funded study that looked at the ways a high-intensity modern dance class could help the balance and mobility of PPD. This pilot study was an exciting introduction to her work with the Parkinson's community in Winston-Salem and Batson and Soriano published an article about this study in the Research in Dance Education Journal in 2011. Above all the study revealed that dance can be a powerful form of exercise to help PPD with their balance, mobility, and overall managing of symptoms associated with PD as well as create a supportive and engaging community. Eager to continue this research, Batson and Soriano collaborated with the Center for Design Innovation (CDI) in downtown Winston-Salem for a second study, this time putting improvisational dance methods at the center of their approach. This 2012 study, funded by Wake Forest's Translational Science Center, yielded an award-winning documentary entitled "Coming Together" which was recently screened at the World Parkinson's Congress in Montreal as well as a recent publication in the Physical and Occupational Therapy in Geriatrics journal, entitled: Effects of Improvisational Dance on Balance in Parkinson's Disease: A Two-Phase fMRI Case Study. Batson and Soriano as well as Dr. Sara Migliarese (WSSU) and Drs. Paul Laurienti and Jonathan Burdette from WFU School of Medicine's Laboratory for Complex Brain Networks are authors on the paper. In Soriano's mind however, the most significant outcome of this study is the ongoing and dedicated community in Winston-Salem who faithfully attends her class each week at the Academy of Dance Arts dance studio in downtown Winston-Salem. This community will have a chance to perform at the opening exhibit of The Reynolda Museum's "The Art of Seating" exhibit in 2014. The class has also been featured in the Winston-Salem journal and has attracted the attention of other PD communities in the state. In addition to offering her improvisation dance class at the National Parkinson Foundation Moving Day! event last year in the triangle area, Soriano has also taught her class to the UNC Chapel Hill and Moses

Cone/Greensboro, NC support groups. Soriano was also a featured speaker at the Arts in Medicine conference at the University of North Carolina in Asheville in March 2014 because of this work.

In 2014-15, Soriano will continue to offer her weekly class to PPD, and offer these three workshops in the state. She will also be busy with two new collaborative studies with Christina Hugenschmidt (WFU School of Medicine Geriatrics and Gerontology) that will apply her improvisational dance interventions to people living with Alzheimer's Disease (funded by the Translational Science Institute of WFU School of Medicine) as well to a general aging population (funded by Wake Forest University's Translational Science Center and WFU's Interdisciplinary Performance in the Liberal Arts Center).

Date: First Training: September 30, 2014

Location: Robert & Pearl Seymour Senior Center  
2551 Homestead Road  
Chapel Hill, NC 27516

Instructor: Christina Soriano, MFA, a Wake Forest dance professor, researcher, and facilitator of a Parkinson's movement group in Winston-Salem

Contact Info: For questions and to register, contact Christina Soriano at [sorianct@wfu.edu](mailto:sorianct@wfu.edu) or (336) 758-4460

## **LSVT BIG/LOUD Therapist Certification - Nash Day Hospital Rehab**

Nash Day Rehab Services plan to train and certify 2 SLPs on-line in LSVT Loud by October 2014 to be able to evaluate and utilize evidence based treatment interventions, to improve loudness and voice quality for patients with Parkinson's disease in our region. We will also send 2 PTs to a LSVT Big Course for certification in September 2014 to be able to evaluate and utilize evidence based treatment interventions, to improve limb and body movement and the quality of life for patients with Parkinson's disease in our region. Once staff completes LSVT training they will be able to in-service the rest of our staff on concepts from LSVT Loud and Big, specific to working with patients with Parkinson's disease. We hope this training will allow us to make an impact on educating and engaging patients and families in our region to manage Parkinson's disease.

TBD

## LSVT BIG/LOUD Therapist Certification - Cape Fear Valley Health

Lee Silverman Voice Treatments (LSVT) are innovative and clinically-proven methods for improving communication and movement in individuals with Parkinson's disease and other conditions, such as stroke, multiple sclerosis, cerebral palsy, and Down syndrome. LSVT® BIG and LSVT® LOUD are exercise treatment programs for people with Parkinson's disease. They are based on the principle that the brain can learn and change.

LSVT® BIG research has documented faster walking with bigger steps, improved balance and increased trunk rotation. LSVT® BIG is also a standardized treatment protocol that trains a single target of amplitude (bigger movements). LSVT® BIG is administered by a certified physical therapist or occupational therapist on an intensive schedule of 16 individual, 60-minute sessions in one month's time.

LSVT® LOUD therapy can improve both the voice and speech of individuals with Parkinson's disease by treating underlying physical pathology associated with the disordered voice. Treatment focuses on improving vocal loudness. LSVT® LOUD is administered by a certified speech-language pathologist on an intensive schedule of 16 individual, 60-minute sessions in one month's time. Ninety percent of patients improve vocal loudness from pre to post-treatment. About 80 percent of patients maintain treatment improvements in their voice one to two years after treatment. More than 20 years of research funded by the National Institute of Health (NIH) has documented that LSVT® LOUD Parkinson-specific speech therapy is effective.

Currently, Cumberland County (which encompasses Fayetteville) is lacking therapists trained to treat patients with Parkinson's disease using Lee Silverman Voice Therapy. Cape Fear Valley Health is located in Fayetteville, NC, where there is a current need for therapists specially trained to work with patients with Parkinson's disease. Funding from this grant will be used to send two physical therapists to hands-on training, where they will obtain skills and certification with LSVT® BIG. The LSVT® BIG training program is designed to train physical and occupational therapists in an intensive whole body amplitude-based training protocol for individuals with Parkinson's disease. The fundamental treatment principles and rationale, key treatment elements, efficacy data supporting treatment outcomes, details of treatment tasks, and practical delivery are taught through lecture, demonstration and case study presentations.

Additional, funding will also be used to obtain LSVT® LOUD certification for two speech language pathologists. The LSVT® LOUD training and certification course is now available online. This training and certification is designed to train therapists with a voice/speech treatment technique for adults and children with motor speech disorders, with a specialty in Parkinson's disease.

Once certified, these therapists will begin to provide specialized training using the LSVT approach. Due to the intensity of the LSVT program, patients with Parkinson's disease who live in Fayetteville and surrounding areas will benefit from having services closer to home.



Dates of Training: LSVT® BIG – Jacksonville, FL, December 13-14  
LSVT® LOUD - Online

Location of Treatment: LSVT LOUD treatment will be offered on an outpatient basis at:  
Cape Fear Valley Health System  
1638 Owen Drive  
Fayetteville, NC 28304

LSVT BIG treatment will be offered on an outpatient basis at:  
Highsmith Rainey Physical Therapy at the Medical Arts building  
101 Robeson Street  
Fayetteville, NC 28301

Contact Info: All interested persons will need a prescription from their MD prior to  
being scheduled for appointments.

Call for information about scheduling LSVT LOUD at 910-615-6079 and  
for LSVT BIG at 910-615-1240

## **Conferencing Technology for Remote Support Group Attendance - Brookshire Nursing Center**

By using state of the art conferencing technology, residents with Parkinson's disease (PD) at Brookshire Nursing Center will remotely attend the monthly Hillsborough PD Support Group meetings at the Central Orange Senior Center (COSC). Additionally, up to seven home-bound individuals with PD will be able to attend meetings remotely. Likewise the group can offer unique programs by connecting to experts, who may not be able to attend a meeting in person. The technology will allow the option to record meetings and offer the program for later viewing. This unique partnership and collaboration between the three organizations enables a way to broaden the Parkinson's community, offer unique programs and to connect, learn, and share.

TBD