

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: www.heartstohands.org

They shall never cease to be entertained

DATE: September

TIME:

Program: No Meeting

WHERE:

Wow! What a great program we had for our August meeting, Tammy Lott and Tonya Welch from INI. We divided into groups for discussion among the People with Parkinson's and the Care Partners'. Tammy taking those with Parkinson's and the Care Partners' were with Tonya. The discussion was lively and informative everyone left asking to have them back again.

There will be no meeting in September as Barb and I will be in Naperville for the American Parkinson's Disease Associations Optimism walk. If you would like to join about 500 other people and have a great morning walking and raising funds for the APDA please Join us; Saturday, September 8, 2018 9:30 am Naperville Riverwalk Grand Pavilion 912 Honorary Memorial Sindt Court Naperville, IL 60540.

Join us by visiting the web address below

<https://apdaparkinson.donordrive.com/index.cfm?fuseaction=donordrive.team&teamID=8080>

Friday Afternoon Parkinson's Discussion Group, September 21, 12:00 - 2:00 p.m. at the Burklund Distributing building 2500 N. Main, East Peoria, IL. Use MadDog Cleaning entrance. The discussion will focus on Atypical Parkinsonism.

Our October 6th meeting, Claudia Revilla an Ambassador for the Michael J Fox Foundation will be speaking. November will be Pedal For Parkinson's held November 10th at the River Plex. See information on the back. December will be our Christmas Lunch held December 1st at the Fox Pub.

For more information please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210

Why Physical Therapy, Occupational Therapy and Speech Therapy for patients with Parkinson's Disease?

Parkinson's is characterized by reduced amplitude of movement. That can mean smaller walking, smaller writing, and smaller (softer) voice. Why does this happen? Because neurons in the brain that produce a chemical called dopamine, die or become impaired in Parkinson's Disease. Without enough dopamine, automatic movements are disrupted, such as: Walking, Talking, Swallowing, Blinking, Swinging Arms while Walking, Getting Out of a Chair, Picking Up a Fork, etc. Usually, all of these things are tasks we do automatically— without conscious effort. When someone has Parkinson's Disease, muscles become weak because they're not being used to their full capacity, not because the disease is making them weak. Parkinson's is a movement disorder that is "battled" by moving, hence, the importance of therapy!

PT, or Physical Therapy, addresses walking, balance, and functional movements such as: getting in/out bed, navigating stairs and walking on uneven terrain. Physical Therapy can improve your mobility, strength, balance, posture and walking stability. Due to the progressive nature of Parkinson's disease, your Physical Therapist can provide you with tools to maintain your balance, endurance and strength for a longer period of time so you can stay active and involved within the community. Current research shows that completing daily activity and exercise is just as important as taking your medication.¹ Other areas that Physical Therapy can address are "freezing episodes", navigating up/down stairs and getting on/off the floor.

OT, or Occupational Therapy, works to help individuals be as independent as possible in activities of daily living. Activities of daily living (ADLs) can include: tying your shoes, brushing your teeth, or washing your face. More complex daily skills that an Occupational Therapist might help with include cooking a meal, driving a car, writing a check, or using a computer for work. A lot of Occupational Therapy treatment focuses on improving hand/arm coordination as well as balance skills and endurance. By helping you improve your coordination, balance or endurance the Occupational Therapist's ultimate goal is to help you be more independent in caring for yourself; as well as any other daily responsibilities you may want or need to do! If you find yourself having difficulty cutting your food, handwriting a check, buttoning your shirt or replacing a light bulb – Occupational Therapy might be able to help you!

ST, or Speech Therapy, works on speech, voice, cognition (i.e. memory, problem solving), and swallowing skills for the individual with Parkinson's Disease. Speech Therapy can improve your awareness of reduced effort and retrain your body and mind to "THINK LOUD" and "Speak with INTENT", therefore, increasing the output of your muscle movements for voice, speech, and even swallowing. Research tells us that 89% of those diagnosed with Parkinson's Disease will have changes with voice and speech and up to 95% will have swallowing difficulty.^{2,3} It is important to have early assessment of these skills by a skilled Speech Therapist trained in one of the two researched based Parkinson's programs (LSVT LOUD and SPEAK OUT!). Early signs of a speech/voice disorder include: Reduced volume, hoarse-sounding vocal quality, frequent throat clearing, trailing off at the end of sentences, and inconsistent production of the voice. Early signs of a swallowing disorder include: drooling, coughing during or soon after eating or drinking, sensation of food or pills "getting stuck", and unexplained weight loss.

Parkinson's Disease impacts your ability to see your own difficulties. If others share they can't hear you by frequently asking you to repeat or by making comments, try video recording yourself with a cell phone. Play back the recording of yourself walking, talking, etc and then ask yourself, does that look/sound normal? Chances are, you will be surprised by what you see. It is common for those with Parkinson's Disease to say things like "I'm talking normal, you need to get your hearing checked!" until they watch a recording of themselves and see what others have been telling them.

Individualized therapy assessment and treatment is an important piece of the fight against Parkinson's Disease, along with medications and exercise. Therapy can help identify a plan unique to you. Therapy is not a onetime thing, therapy is a lifelong process for those with Parkinson's Disease. The therapy plan varies based on needs throughout the course of the disease.

So, why participate in therapy? Because it can make a difference in your quality of life and help you remain as functional as possible for as long as possible. Let us help you Fight Against Parkinson's Disease!

Michael Holloway, PT, DPT
Physical Therapist

Anne Horowitz, OTR/L, CSRS, MSCS, LSVT BIG Certified
Occupational Therapist

Brittany Heidemann, MS CCC-SLP
Speech Language Pathologist

References:

1. Salgado, S. Williams, N. Kotian, R. Salgado, M. An evidence-based exercise regimen for patients with mild to moderate Parkinson's disease. *Brain Science*. (2013) Mar; 3(1): 87-100
2. Logemann et al. Levels of Evidence Supporting Dysphagia Interventions: Where Are We Going? *Evidence Supporting Dysphagia Interventions. Seminars in Speech and Language*. (2006) 27(4), 219-226.
3. Sharkawi, A. Swallowing and voice effects of Lee Silverman Voice Treatment (LSVT[R]): a pilot study. *Journal of Neurology, Neurosurgery and Psychiatry*. (2002), 72(1), 31(6).

PEDAL FOR PARKINSON'S

A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group



To Support the Cause of
The Don Bohlander Parkinson's Disease FundRACERS
The American Parkinson's Disease Association Midwest Chapter



Saturday November 10, 2018
1:00 - 4:00 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL

Questions and Answers
With
Dr. Dronacharya Lamichhane
and Melissa Glass APN CNP

A Presentation By
OSF Health Care Rehabilitation

A Presentation By
Dr Luis Zayas

Sheryl Jedlinski

"Parkinson's? You're kidding me, right?"

Parkinson's Disease
More Than Motor Symptoms
Presented by
Lori M Guyton, MD
Neurology of Southern Illinois, Ltd.



Visit www.heartstohands.org/events for more information

Donation may also be made at; <http://www.pedalforparkinsons.myevent.com/>



PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name _____

Address _____ Phone _____

	Name	Address	Phone	Amount
1				
2				
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Make checks Payable to **APDA Midwest Chapter** or **Bohlander Fundracers**