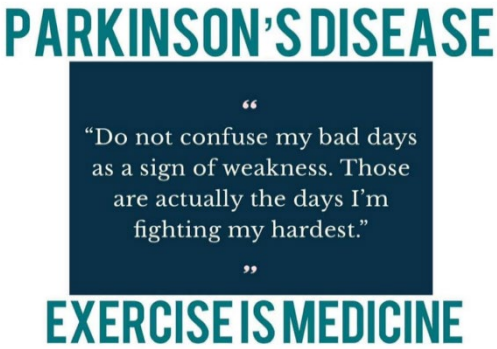
FOUNDATION for Parkinson's
Empowering people to move

Hamil Kerr Challenge
Bike/Run/Walk

October 19, 2025

Why can't a pony sing you a lullaby?
Because the are a little "hoarse"



Click the icon for a kick-butt workout with Coach Betsy:

HKC Strength Class 

HKC Parkinson's Fitness Class 

Before you begin reading, grab a glass of water, **A FULL GLASS OF WATER**.. and start drinking

Recently, I have observed that individuals with Parkinson's disease are often not adequately hydrated, which can lead to serious health risks. Parkinson's medications and the condition itself may reduce the sensation of thirst, so it is recommended to consume 70–80 ounces of water daily.

I am sharing these podcasts again due to their importance for your health. Please take a moment to watch the brief videos and remember to drink a glass of water. A helpful tip is to set out the recommended number of glasses each morning and ensure they are all finished by the end of the day.

Dehydration - 1

Dehydration - 2

Freezing

Not everyone living with Parkinson's will experience freezing - when your brain says "move," but your body won't, and you can't budge until you come out of the freezing episode. Some folks don't know from one day to the next if they will have a day of repeated freezing episodes. This can result in one reticent about going places for fear of freezing and then feeling embarrassed.

Please don't stop going to Parkinson's offerings such as Rock Steady Boxing. When you walk in the door, no matter how long it may take, you are with your people, other folks living with Parkinson's who "get it," and there are your coaches who love you and will support you and provide options so you can feel successful and HAPPY!!! Please don't stop going to your classes.

Also, reach out to your clinician. Maybe, the freezing can be addressed through medication change/adjustment.

Check out this - Researchers at Virginia Commonwealth University have developed prototypes of wearable devices that use pressure sensors and vibrations to address freezing of gait, a hallmark symptom of Parkinson's disease. This is a specialized shoe sole equipped with sensors. These sensors detect changes in pressure as the wearer takes a step, and respond by sending vibratory signals to the top of the foot, allowing for adjustments in gait and balance. Wearable vibrating device targets freezing of gait in Parkinson's

Here are some standard tricks for getting out of a freeze

1. Visualization: Use self-cueing strategies like envisioning yourself stepping over a log, or turning in a wide U shape, to act as a stimulus for movement.
2. Visual cues: Implement visual cues such as floor markers at the entryways or turning points to help with the flow of movement.
3. Auditory cues: Studies using metronomes have been conducted for overcoming start-hesitation, and freezing, or motor blocks, occurring during movement. These studies show encouraging responses to the sound of a metronome where the individual is sensitive to this form of stimulus. Research supports that the playing of a person's favorite music can increase dopamine production in the basal ganglia which assists in initiating movement and decreases freezing, while the beat can act as an auditory cue for gait tempo (Lim et al 2005a, 2005b, Rochester et al 2005).
4. Assistive devices: Transitioning to a walking aid can be difficult for some, but it can help to keep you independent longer by keeping you safer during freezing episodes.
5. Laser pointer on walker or cane or have someone elso hold the laser pointer for the person freezing

6. Footwear: Evaluate current shoes for fit and sole type as this can play a role in difficulty with curling toes which ultimately affects our ability to stabilize ourselves.
7. Scheduling: Plan important events or times when you will have to navigate public spaces with your medication "on/off" periods to enhance gait performance and reduce freezing. Try to limit multi-tasking within your tasks as this can influence gait. Be aware of stressful conditions within your schedule, as freezing can also increase when fatigued or anxious.
8. 5 S method: If you have trouble breaking out of a freezing episode then try the 5 S method. Firstly, stop; fighting freezing can sometimes make it worse, and increase anxiety. Next stand tall; proper posture will help you to get into optimal position to begin movement again. After that try to shake it off and take some deep breaths to help shake off any feelings of frustration, release tension, and boost your focus. Next shift your weight so you are shifting the weight forward and backward between your right and left foot; if you are seated and frozen then rock your torso back and forth so that you feel the weight shift from hips to feet. Finally use the momentum of the weight shift to drive the knee of your back leg forward to take a huge marching step forward; if seated then drive your nose over your toes, reach forward, and shoot up to come to standing.

1. -Stop
2. -Stand Tall
3. -Shake it off (relax)
4. -Shift your weight
5. -Shoot forward/up

Exercises:

- Criss-Cross-Applesauce: practice high marching knees and auditory self-cuing
- Ski step: practice weight shifting and initiating large steps
- Walking/Cycling: practice walking on an incline, which can help to improve stride length, or cycling which has good carry-over to gait reciprocation.
- Sit to stand: maintain functional mobility and practice 5 "S" method

Focused Ultrasound

Focused ultrasound (FUS) is a non-invasive procedure that uses high-intensity ultrasound waves to treat tremors. It is an FDA-approved treatment for essential tremor and tremor-dominant Parkinson's disease. During FUS, the patient lies in an MRI scanner while ultrasound waves are precisely focused on a specific area of the brain that controls tremors. The ultrasound waves create small, controlled lesions in the brain tissue, which can disrupt the abnormal neural activity that causes tremors.

One of our folks had this procedure over the summer and the results were amazing. Before the procedure, his tremor was so intense ALL THE TIME that he could not fall asleep. It usually

improves around 75%. With this individual, his tremor is all but gone completely - Now, that's what I call *Rock Steady*.

Attached to the newsletter itself is a PowerPoint from a webinar I attended given by Dr. Stephen Harward, a surgeon from Duke, who performed the Focus Ultrasound on one of our folks. The presentation addresses:

- Essential Tremor Facts
- Essential Tremor Impact
- Essential Tremor Treatment Options
- What's the Fuss with FUS?
- Who is Suitable for Treatment?
- Treatment Day
- What to Expect
- Patient Results
- Three-year Clinical Results
- FUS Treatment Centers
- Insurance Coverage

Vibrating Glove

A few years ago, a group of researchers at Stanford Medicine, led by Dr. Peter Tass developed a pair of gloves that could lead to life-changing results for patients dealing with Parkinson's Disease. In early trials, participants wore a glove on each hand for several hours per day. The gloves deliver light vibration through the fingertips. Study researchers suggest that this stimulation can 'reset' abnormal electrical activity in the brain, which happens in Parkinson's disease (PD). Initial results showed an easing of tremors, rigidity and slowness.

From what I understand in speaking with folks who were part of the original trial, the kind is in a kind of holding pattern at present, and it hasn't gone through Phase 2 and 3 of trials. Therefore, it might be a bit before FDA approval.

Check out my buddy, Doug Bland, in these videos – yay!!!

New vibrating glove eliminates Parkinson's tremor

Video New technology could signal the future of medicine - ABC News

Services represented at the Hamil Kerr Gathering Resource Fair

Choice Care Navigators provide expert guidance to older adults and their families as they navigate the complexities of aging and care. Our services include care management and advocacy to ensure that clients receive the right support, resources, and services at the right time. We can also serve as Healthcare Power of Attorney and Guardian of the Person. We focus on promoting independence, dignity, and quality of life through personalized care solutions and compassionate support.

Elder Law Firm believes that every family deserves the strongest possible protection and the chance to control their money in later life, especially if there's an unexpected event – no matter what! Being in control of your money that you've worked all your life to secure is essential if you want to pass on your legacy to your family with peace of mind.

Hallmark Homecare Hallmark provides caregiver recruiting and matchmaking services to aging adults and their families in a model that offers the highest quality caregivers at a more affordable cost. Caregiver shortages, escalating costs, improvements in technology, Increased regulation, and a new cultural mindset have combined to make it advantageous for families to hire experienced, independent caregivers directly.

Well-Spring Solutions Our Connections program offers a half day experience designed to engage individuals with chronic illnesses or memory impairments through a variety of enriching activities. The Memory Care Center provides day service for adults age 60 and older with a diagnosis of dementia. Both programs provide caregivers with a much-needed break, along with access to support groups and educational opportunities.

Tailored Brain Health Their mission is to empower individuals to achieve their highest potential in cognitive and emotional well-being through expert neuropsychological assessment, compassionate care, and evidence-based interventions. Tailored Braing Health is dedicated to fostering a deeper understanding of the brain's complexities and promoting resilience in the face of neurological challenges.

Proactive Therapy and Wellness Whether you are a senior with a changing body or are facing the challenges of Parkinson's Disease, you deserve to have confidence and empowerment in handling your body's changes. Michele's mission is to keep seniors feeling strong and independent as long as possible.

Paddling for Active Adaptive and Inclusion Recreation PAIRnc is dedicated to providing support through education, equipment and paddling opportunities to people with disabilities who would like to paddle. One of our goals is to move people towards inclusion so they can paddle safely in other locations.

A.C.T. by DEECE Movement makes your body happy at any age. But if you're healing from an injury or trying to increase your mobility, it's helpful to have a professional to lean on. With the right attitude, any body composition can be trained, and at A.C.T. by Deese, we're ready to make a difference. Prince and Gina have close to 20 years' experience working with folks living with Parkinson's and empowering them to live their best lives.

Grounding Techniques for anxiety and acute panic attacks

A panic attack can occur suddenly, causing symptoms such as sweating, blurred vision, ringing in the ears, rapid heartbeat, immobility, and a sense of impending doom. These episodes can be highly disruptive.

To help manage acute anxiety, try this grounding technique:

- Wet a washcloth and add a few drops of essential oil (such as lavender).
- Place the washcloth in the freezer until it's cold.
- When experiencing anxiety, apply the cold, scented washcloth to your face or neck to help calm and reorient yourself

Unhooking

This activity can be combined with an accompanying peaceful soundscape (water sounds, nature sounds) Keep eyes closed throughout each portion of the activity (other than reading instructions as needed)

Step 1: Take three long, deep breaths, with both inhales and exhales lasting for 6 seconds

Step 2: Take five breaths, noticing any emotions felt during this time

Step 3: Do a quick scan around the environment, noticing it with your basic five senses

Step 4: Do a body scan, check in with every part of your body from head to feet, noticing any sensation you have (positive or negative)

Step 5: Take 10 breaths, counting each one. Start over every time you finish your 10th breath or lose count.

During this step, notice any thoughts you experience. Acknowledge that you have the thoughts and let them go without pushing them. Visualize your thoughts as ocean water splashing on rocks and flowing back to sea, telling yourself "I am the rock against which the surf crashes." You can also visualize thoughts as leaves on a stream, or clouds in the sky, or anything like this where the image of your thoughts drifts by. Do this step for 3-4 minutes

Step 6: Breathe freely and let your thoughts wander as they will, starting for 10-15 seconds and increasing the duration of this step incrementally week-to-week

Step 7: Do another body scan, head to feet. Notice all body sensations.

Step 8: Reflect on how you feel after all the previous steps.

COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

~Saturday 11am Hamil-Kerr Parkinson's Fitness (zoom) Coach Betsy

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ **In-person Parkinson's Spin Class at YWCA of Highpoint**
Tuesday and Thursday- 12:00-1:00

~**In-person Parkinson's Spin Class at Ragsdale YMCA**
Tuesday and Thursday- 10:15

In-person / zoom Parkinson's Dance with Hilary Savage – 1pm second and fourth Wednesday of every month. If you plan on attending in person, please join Hilary at PurEnergy, 1905 Ashwood Ct and for those of you joining via zoom, here is the zoom link https://zoom.us/s/81028088770

In-Person Tai Chi with Michele
Michele's 1pm Tai Chi class takes place on the first and third Wednesday of every month at Michele's beautiful new studio - ProActive Therapy and Wellness, - 6579 Lake Brandt Rd, Summerfield **~**Rock Steady Boxing - Greensboro (in person)

~Rock Steady Boxing of Archdale (in person)

~A.C.T. By Prince Deese

~For information on in-person 1:1 training in your home, contact Alesia Pendleton pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)- Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org
~Davis Phinney Foundation: Live Well with Parkinson's TODAY - Davis Phinney Foundation

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

~Michael J Fox Foundation: www.michaeljfox.org
~Davis Phinney Foundation: Live Well with Parkinson's TODAY - Davis Phinney Foundation

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

And of course, reach out to me anytime.
Yours, Coach B

Rock Steady Boxing Certified Coach
Certified Parkinson's Disease Fitness Specialist
ISSA Certified Personal Trainer