



September 28, 2025

*How do you follow a book? Track its footnotes.
 What do you call a toaster? A bread winner.*

PARKINSON'S DISEASE

“
 “Do not confuse my bad days
 as a sign of weakness. Those
 are actually the days I'm
 fighting my hardest.”
 ”

EXERCISE IS MEDICINE

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

HKC Strength Class



HKC Parkinson's Fitness Class



Balance, Balance and Balance

So, how does Parkinson's affect one's balance? Hmmm.... Let's have a look below.

Loss of Automatic Balance Reflexes: Parkinson's affects the basal ganglia, a part of the brain responsible for automatic balance control and postural reflexes.

Postural Instability: This leads to difficulty in righting oneself after being thrown off balance, making falls common.

Stooped Posture: The disease can cause a stooped or hunched-over posture, leaning the body forward, which further disrupts balance.

Freezing of Gait: Individuals may experience episodes where they are "stuck" and cannot move their feet, despite intending to walk, which makes falls more likely.

Consequences:

Increased Risk of Falls: Balance problems are a major factor in falls for people with Parkinson's.

Reduced Quality of Life: Difficulty with balance can lead to a fear of walking in public or crowded spaces.

So, what can you do? Medication / physical therapy AND Stay Active: Physical activity programs can be beneficial in managing and potentially slowing the progression of balance-related symptoms

Dance with Hilary

I recorded some of Hilary's dances in today's PD dance class. So, put on your dancing shoes and kick up your heels. I was dancing myself which is why I didn't record all the dances.

[Jukebox Hero](#)

[Rock It with Hilary](#)

[Webinar - Beyond the Buzz: Laurie Mischley's Take on PD Wellness Trends](#)

Wellness advice for Parkinson's is everywhere. It's easy to feel overwhelmed by the options. In our recent webinar, Dr Laurie Mischley discussed some of the popular wellness trends in the Parkinson's community. What does the data say? Drawing from her MVP study and clinical experience, Laurie offered a balanced perspective on what you could try and incorporate.

*This webinar is for informational purposes only and does not constitute medical advice. The information provided is based on the experiences of the speaker and is intended to be a general resource. It is not a substitute for professional medical advice, diagnosis, or treatment. The information presented may not be suitable for everyone and individual circumstances may vary. Please note that the views and opinions expressed by the speaker are their own and may not necessarily reflect the views of SYMBYX Biome.

[Parkinson School | Parkinson School](#) **An online hub with practical, evidence-based courses and lessons to cut through the noise and help you live better every day. **Special offer: Be among the first 1,000 to sign up and get one month free with code SYMBYX.****

[The Pro-PD App](#) - **A free tool designed to help you log symptoms, daily habits, and therapies. It can support you in spotting patterns and thinking about what may or may not be influencing your wellbeing.**

[The Parkinson's Plan: A New Path to Prevention and Treatment: Dorsey MD, Ray, Okun MD, Michael S.: 9781541705388: Amazon.com: Books](#)

In [The Parkinson's Plan](#), two doctors on the cutting edge of Parkinson's research detail the steps necessary to prevent, slow, and treat this debilitating condition. They show readers how to prevent the disease through the food we eat, the water we drink, the air we breathe, and the lifestyles we live. They introduce the "Parkinson's 25," the most detailed checklist ever created to allow anyone to lower their risk of Parkinson's. They interview the world's top scientists, clinicians, and thought leaders in the Parkinson's field to offer a detailed plan for treatment that includes cutting-edge methods and recent technological and medical advances.

[The Parkinson's Plan](#) takes the next step in winning the battle against Parkinson's, presenting a clear road map with the strategies and tactics necessary to create a world where the disease is increasingly rare and the treatments are more successful.

License to Fly: Living With MSA: Flowers, Gwen Flowers *License to Fly* book by Gwen Flowers

Poetry is Ms. Flowers's way of processing dealing with Multiple System Atrophy. This book is about dealing with Multiple System Atrophy, Progressive Supranuclear Palsy, Corticobasal Degeneration, Amyotrophic Lateral Sclerosis or any progressive disease that is chipping away at your life. Her wish is that you will find relatability, humor, and hope in these poems.

Parkinson's Disease: My Life with PD: Snypes, Jim *My Life with PD*, book by Jim Snypes- What if you could turn the struggles of living with Parkinson's Disease into a journey of acceptance, growth, and reclaimed joy, no matter how long you have been grappling with the diagnosis?

Are you constantly battling with the challenges of Parkinson's Disease, struggling to understand your own feelings while providing for the emotional needs of your loved ones?
Do you feel caged in your mind, longing to live a life unrestrained by this debilitating illness?
Are the limitations and constraints of Parkinson's making you feel detached from the vibrant life you once led?

Feelings of isolation and confusion are common in this journey. But here's the good news: Your Parkinson's journey can lead to resilience, acceptance, and a new, empowering perspective. Introducing the game-changing guide that can help you navigate the terrain called Parkinson's Disease. The insights and strategies in this book have been meticulously crafted to empower you and your loved ones to embrace life with Parkinson's and discover a newfound sense of strength, courage, and thriving joy.

Let's face it. Parkinson's Disease is life changing. But it doesn't have to be life-ending. Through each chapter of this book, you'll be able to understand, accept, and confidently manage your condition while helping your loved ones do the same.

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/j/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

