

Fall 2017 Exercise and Education Class Catalog



En español
página 12

BARROW
Neurological Institute

Muhammad Ali
Parkinson Center
A National Parkinson Foundation
Center of Excellence

SAVE THE DATE!

■ **Parkinson's Cultural Gala: A Polynesian Night**

Saturday, September 23, 2017

6:00 PM – 9:00 PM

**St. Mary's Basilica Hall
231 N. 3rd St., Phoenix, AZ**

Parkinson's affects all cultures and races, and those who face its daily challenges need the support of a strong community. Let's gather as a multicultural community to celebrate our diversity and support people with Parkinson's disease and their families. Join us for our Parkinson's Cultural Gala: A Polynesian Night. You will enjoy the exotic flavors, rhythms and dances of an authentic Polynesian Luau without leaving Phoenix!

All proceeds will benefit the Parkinson Network of Arizona and support the community outreach and wellness programs offered by the Muhammad Ali Parkinson Center.

Cost: \$40 general admission, \$60 VIP

For more details or to purchase tickets call Ruby at 602-463-4425 or email pdnetworkaz@gmail.com

■ **10th Annual Bruce Florence Parkinson's Juried Art Show**

October 27 – November 21, 2017

**Olney Gallery at Trinity Cathedral
100 W. Roosevelt St., Phoenix, AZ**

Opening reception and concert, Friday November 3, 2017

Afternoon reception 2:00 PM -5:00 PM featuring Parkinson's choirs Voces Unidas and The Tremble Clefs

Evening reception 6:00 PM – 9:00 PM featuring songwriter and singer Jose Maria Lobo

Come and view the paintings, photography and mixed media artwork created by those living with Parkinson's. The expressive arts allow patients and care partners an opportunity to include creativity as a valuable tool to fight PD in a proactive and fun way.

■ **Caregiver Workshop**

Friday, November 3, 2017

Registration 9:30-10:00; Program 10:00-2:00 pm

**The J Valley of the Sun JCC
12701 N Scottsdale Rd (Scottsdale Rd south of Sweetwater)**

Join us for an interactive workshop to learn to be the best caregiver possible- and that includes taking care of you! The key note speaker will present research and tips on mindfulness, with an opportunity to try journaling, Barre Fusion, or beginning boxing. Enjoy a catered lunch, relax and visit with other caregivers.

Cost: Free but registration is required by October 30th. Register at the Barrow Resource Link at 1-877-728-5414.

■ **Knock Out Parkinson's Golf Tournament**

Thursday, November 16, 2017

11:30 AM – 8:00 PM

**The Westin Kierland Golf Club
15636 N. Clubgate Dr., Scottsdale, AZ 85254**

Put your foursome together today! Your team will enjoy connecting with others while playing on a beautiful golf course, competing for amazing prizes, and participating in an exclusive auction over a delicious dinner. Most importantly you will help support community outreach programs for the Muhammad Ali Parkinson Center.

The Knock Out Parkinson's Golf Tournament is sponsored by the Parkinson Network of Arizona in support of the Muhammad Ali Parkinson Center.

Cost: \$375 per golfer, \$1,500 foursome

For more information or to register visit www.pnagolf.com or call 602-618-7478.

■ **12th Annual Walk the Fight & Run the Distance**

Saturday, February 10, 2018

9:00 AM – 1:00 PM

**Tempe Town Lake Beach Park
80 W. Rio Salado Parkway, Tempe, AZ 85281**

Join us and help raise awareness for Parkinson's disease in Arizona! Activities include a 5K Walk or Run, 1.5 block stroll, children's activities, resource fair, demonstration stage and food vendors. Walk the Fight & Run the Distance is presented by the Parkinson Network of Arizona and proceeds from the walk/run support the community outreach and wellness programs of the Muhammad Ali Parkinson Center at Barrow Neurological Institute.

Cost: \$25 per adult includes shirt; children age 15 and under are free. Runner fees vary.

Phone: 602-718-7478

Register at www.walkthefight.com

■ **Muhammad Ali All Star Conference: A day about Parkinson's**

Saturday, March 3, 2018

10:00 AM – 3:30 PM

**North Phoenix Baptist Church
5757 N. Central Ave, Phoenix, AZ 85012**

Join us for this one of a kind conference presented by the Muhammad Ali Parkinson Center and the Baehr Challenge. Enjoy a day of education, camaraderie, exercise and mental fitness. We welcome Dr. Aleksander Videnovic from Massachusetts General Hospital for a discussion on sleep and Parkinson's. Additional speakers will present on slowing disease progression, current research, understanding PD medications, managing mood and behavior in PD and more. Detailed brochures and registration information will be sent out in January.

Cost: No fee, space will be limited

Welcome to our Fall 2017 catalog

Enclosed you will find all of the programs we are offering this Fall to people with Parkinson's disease as well as their Caregivers.

This catalog DOES NOT list Support Groups. For Support Group information, please call (602) 406-4921.

Enrollment is Easy

Registration is Required

For Educational Classes, please call the ResourceLink at 1 (877) 728-5414 or online at dignityhealth.org/AZCE

For all other classes, please call (602) 406-3840

Contents

Exercise Programs

Art of Moving	2
Tai Chi	2
Yoga	2
PWR!Moves™	2
PWR!Moves™ Circuit.....	3
Voice Class.....	3
Music-Making-Connections	3
Parkinson's Dance	3
Knock Out PD Boxing	4
Tremble Clefs.....	4
Phoenix Exercise Schedule.....	5
Other Valley Cities Exercise Schedule.....	6
JCC Partnership Exercise Schedule.....	7

Workshops

Expressive Art Workshop.....	8
Beading Workshops	8
Parkinson's Play Reading Society.....	8
Workshops Schedule	9

Education

PD 101.....	10
PD 202	10
Education Session for those Newly Diagnosed	10
Powerful Tools for Caregivers.....	10
Caregiver Workshop	10
PD SELF	10
Education Classes Schedule.....	11

Clases en Español

Educación.....	12
Programas de Ejercicio y Recreación	12
Grupos participativos	12

(Non-MAPC) Exercise.....	13
Registration	14
Class Fees	14
Frequently Asked Questions	14



Exercise

Exercise

Most of the exercises in each class can be modified to a seated level with the exception of PWR!Moves™, PWR!Circuit™ and Knock Out Boxing which are more vigorous and have specific enrollment criteria. **All participants at risk for falls must be accompanied by a caregiver.*

Art of Moving

This exercise class is based on the book Parkinson's Disease and the Art of Moving, by John Argue. The exercises are designed to help one anticipate, prevent and delay symptoms. They are targeted at the symptoms that occur in most everyone with Parkinson's disease such as tremor, rigidity, uncertain balance, slowness and incomplete range of movement. The exercises also help with other associated symptoms such as freezing, masked facial expression, swallowing problems, loss of voice power and speech difficulties.

Tai Chi

Tai Chi, based on ancient Chinese exercise, is an experience of physical, mental and spiritual well being. Tai Chi is a series of individual dance like movements linked together in a continuous, smooth-flowing sequence. Particular benefits of Tai Chi to people with a movement disorder include reduced stress and increased energy, improved circulation, muscle tone, concentration and focus, and significant improvement in balance.

Yoga for Everybody, Mind and Soul!

Yoga practice encompasses physical movement, breath development, and mental focus, or mindfulness. Movement may range from seated chair-based postures, to standing, balance and strengthening work. The MAPC location offers a floor level, mat based yoga class in which participants will need to be able to transition from floor to standing level with little assistance. All of the movements and postures can be modified to each participant's unique abilities.

PWR!Moves™

PWR!Moves™ is a group exercise approach that specifically targets PD symptoms of slow/small movements. Participants will learn how to use high effort, muscle activation for bigger movements, better posture, balance, and everyday FUNCTION such as walking, turning, rising from a chair or floor, buttoning, and speaking. All downtown PWR!Moves™ participants must complete an assessment for class placement prior to starting class. Please call Patty at 602-406-3840 to schedule a time for your assessment.



PWR!Moves™ Circuit

PWR!Moves™ Circuit integrates skills learned in PWR!Moves™ into a more advanced gym workout. Station activities include cardiovascular, strength training, agility, coordination, balance, and flexibility exercises. The class ends with a cool down focused on stress reduction and relaxation.

Class Criteria: This is a moderate to high level PD specific exercise class. Participants must be able to walk 200 feet on their own, with or without a cane or walker, and be able to get up or down from the floor on their own with or without the use of a chair. Participants must be able to get on and off equipment independently and follow group instructions independently.

Voice Class

Changes in voice, speech and swallowing are common to people with Parkinson's disease. You can improve and delay these problems with exercise and by incorporating helpful strategies. This class will teach you how to improve your voice quality and communication through proper breathing and posture, articulation, tone, and facial expressions.

Speech-language pathologists Tara Chay and Therese Uthke lead these voice exercise classes. They are Lee Silverman Voice Therapy (LSVT®) and Speak Out trained and are Speech Language Pathologists at the Muhammad Ali Parkinson Center.

Music-Making-Connections

Neurologic Music Therapy - Facilitating Movement through Music

Neurologic music therapy is an evidence based technique primarily focusing on the biomedical applications of music to neurologic rehabilitation of cognitive and motor functioning.

This neurologic music therapy class uses rhythm and music to augment motor performance. It will provide you with opportunities to increase range of motion, balance, improve fluency of gait and fine motor abilities.

Parkinson's Dance

The program is modeled, in part, on the Dance for PD® program developed by the exemplary Mark Morris Dance Company based in Brooklyn, NY. In Parkinson's Dance classes, participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative.

The classes follow a 'traditional' dance class format. They begin with a seated warm-up leading into standing work, holding on to a bar. The standing work provides the chance to work with balance and the connection of one movement to another aided by having something to hold onto. The last section of the class is devoted to learning movement phrases that take dancers across the floor.

Instructor Debbie Braganza has completed the Mark Morris Dance for PD® teacher training workshop.



Exercise

Knock Out PD Boxing

Knock Out PD Boxing is a non-contact exercise program aimed at alleviating symptoms of Parkinson's disease. Boxing requires a combination of endurance, strength, power, speed, agility, flexibility, hand-eye coordination and aerobic training, all useful for people with Parkinson's. Knock Out PD Boxing classes are done in a group setting to promote camaraderie and support to maintain long term participation in a high intensity workout program.

Boxing classes are divided into different levels based upon each person's overall level of fitness. All potential boxers are required to complete an assessment to determine the class placement that would be of greatest benefit.

*There is a \$30.00 monthly fee for the boxing classes. Boxing is not included in the MAPC monthly pass.

Tremble Clefs

Tremble Clefs is a nation-wide singing program for people with Parkinson disease and their partners. Participation in a Tremble Clefs singing program can help address voice and communication problems through breathing, stretching and posture activities, vocal exercise, rhythm and movement, and a strong social support system. But mostly it is a lot of fun!!! Tremble Clefs is offered in two locations in the valley. Both locations welcome new members. For contact information see page 6.

Exercise

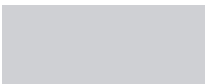


Muhammad Ali Parkinson Center (Phoenix) - Exercise Classes 240 W. Thomas Rd, Suite 302

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30	PWR!Moves 1	Boxing 1/2			
9:30-10	9:00-10:00	9:15-10:45			
10-10:30					
10:30-11					
11-11:30	PWR!Moves 2/3	PWR!Moves 2	PWR!Moves 2/3		PWR!Circuit
11:30-12	11:00-12:00	11:00-12:00	11:00-12:00		11:00-12:00
12-12:30					
12:30-1					
1-1:30	Yoga-Mat	Voice	Voice	Yoga-Seated	
1:30-2	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	
2-2:30		PWR!Moves 3		Boxing 4	
2:30-3	Music	2:15-3:15	Tai Chi	2:15-3:15	
3-3:30	2:30-3:30		2:30-3:30		
3:30-4					
4-4:30					
4:30-5					
5-5:30					
5:30-6		Boxing 1		PWR!Moves 1	
6-6:30		5:30-7:00		5:30-6:30	
6:30-7					

 = PWR!Moves 1-3

 = Boxing 1-4

 = Other

MAPC Classes Sep 5-Dec 14;
Jan 2 -Aug 16, 2018

Boxing Classes Sept 5-Dec 12;
Jan 2-Aug 16, 2018

Boxing 4 Class Sept 21-Dec 14;
Jan 4-Aug 16, 2018



Exercise

Other Valley Cities - Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30					Art of Moving
9:30-10		Art of Moving		Art of Moving	9-10
10-10:30	PWR!Moves 3	9:30-10:30	Tremble Clefs	9:45-10:45	PWR!Moves
10:30-11	10-11 Art of Mvg		10-12		10-11
11-11:30	10:30-11:30		Dance		
11:30-12			11-12:15	Dance	
12-12:30				11:30-12:45	
12:30-1					
1-1:30				PWR!Moves 3	Dance
1:30-2				1-2	1-2
2-2:30					
2:30-3	Tai Chi				
3-3:30	2:30-3:30				
3:30-4					
4-4:30				Tremble Clefs	
4:30-5				4-6	
5-5:30					
5:30-6					

Goodyear, Christ Evangelical Church, 918 S. Litchfield Rd, Goodyear; Instructor-Therese Abair
Oct 5-Nov 16; Jan 4-July 26, 2018

Sun Lakes United Methodist Church, 9428 E. Riggs Road, Rm #10; Instructor-Christiana Dart
Sept 11-Nov 20; Jan 9-June 25, 2017

P.V.-Bender Performing Arts, 3141 E. Beardsley Rd, Ste 110; Instructor-Debbie Braganza
Aug 10-Dec 21; Jan 11-June 14, 2018

Scottsdale-Granite Reef Senior Center, 1700 N. Granite Reef Rd, Contact-Faith Blenkle (480) 991-0451, **Please call Faith to confirm dates**

Sun City-American Lutheran Church of Sun City-Mult Purp Rm, 17200 N. Del Webb Blvd, Instructor-Therese Abair, **Oct 5-Nov 16, Jan 4-Jul 26, 2018**

Fountain Hills Senior Center, 13001 N. La Montana; Instructor-Melinda Theobald
Sept 8-Nov 17; Jan 8-May 25, 2018

P.V.-Shilo Community Church, 19021 N. 32nd St., Phoenix; Instructor-Chrissy Dart
Sept 11-Nov 20 (Tai Chi) Sept 5-Nov 21 (A of M)

Phoenix-Ballet Arizona 2835 E. Washington St. Instructor-Debbie Braganza

Sun City West-Shepherd of the Hills United Methodist Church, 13658 Meeker Blvd, Instructor-Therese Abair, **Oct 2-Nov 20, Jan 8-Jul 30, 2018**

Sun City-Shepherd of the Desert Lutheran Church, 11025 111th Ave., Contact-Beth Lee (623) 433-9477, **Please call Beth to confirm dates**

Programs in Partnership with The



Valley of the Sun JCC

12701 N. Scottsdale Rd.
(Scottsdale Rd south of Sweetwater)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30					
9:30-10					
10-10:30					
10:30-11					
11-11:30					
11:30-12					
12-12:30	PWR!Moves 2	PWR!1	Boxing	Aqua Cycling	PWR!Circuit
12:30-1	12-1	12-1	12-12:45	12-12:45	12-1
1-1:30					
1:30-2					
2-2:30					Play Reading
2:30-3					2-3:30 Expr.
3-3:30					Arts
3:30-4					2:30-4
4-4:30					
4:30-5					

Play Reading

Sep 8- Nov 17; Jan 5-May 25

Expr. Arts

Oct 20, 27, Nov 3, 11, 18, Dec 1. Cost: \$30 per person or \$50 per couple

Register for Parkinson's Play Reading Society and Expressive Arts Program through the MAPC at 602-406-3840

PWR!

Members: FREE. Guests: \$8 for a drop in class.
\$50 for a 10 class punch card.

Boxing

Session 1: Sept 5-26, Session 2: Oct 3-24, Session 3: Nov 7-28, Session 4: Dec 5-26
Members: \$50/ session, Guests: \$70/ session

Cycling

Session 1: Sept 6-27, Session 2: Oc 11-Nov 1, Session 3 Nov 8- Dec 6 (NO class Nov 22)
Members: \$50/ session, Guests: \$65/ session

Register for PWRMoves 1, PWRMoves 2, PWRCircuit, Boxing or Aqua Cycling through the J at 480-483-7121



Workshops

Workshops

Expressive Art Workshops

MAPC painting workshops utilizes creativity as a valuable tool to fight PD in a proactive and fun way. People become painters and their new talents evolve into beautiful material for the annual MAPC art show and for colorful PD awareness campaigns. Please come and join the fight with the “Art Team”! No experience needed! In the words of many participants “Sometimes when I paint, I forget I have Parkinson’s disease.”

Instructor: Gregory Pearce

Cost: \$30 per person or \$50 per couple, for 5 weekly sessions (materials are included)

In order to participate in the Fountain Hills art classes you must be a member of the Fountain Hills Activity Center. Annual Membership fee (Jan 1 – Dec 31) is \$20.00 for Fountain Hills residents and winter visitors with a Fountain Hills address; \$30.00 for non-residents.

Beading Workshop

This course is designed for people with PD and gives an opportunity to explore a creative outlet in a fun and relaxed atmosphere. The workshop will focus on learning basic techniques to make a variety of handmade jewelry including earrings, necklaces and bracelets. Making jewelry requires intense focus and concentration and is the perfect recipe to get lost in the “flow”.

The workshop is offered at no charge and the tools to make the jewelry are provided. Participants can bring their own beads from home or purchase pre-packaged beads for \$10.00 that have been designed by the instructor and await your personal touch!

Instructor: Johnnie Geoghegan

Parkinson’s Play Reading Society

Parkinson’s Play Reading Society seeks to develop the acting potential in every one of the Society’s members. As a group, members read plays out loud, and with the energy that performing a play requires, for seven to nine scripts a year ranging from the classics to contemporary theatre. Join the group to meet new people, develop your mental processes and verbal precision, exercise your vocal cords and diaphragm, experience old and new theatrical masterworks, AND have a terrific time in the process! Become a member in the Parkinson’s Play Reading Society. PWP and their carepartners are welcome.

This class will be held at the Scottsdale Jewish Community Center. See the MAPC Programs in Partnership with The J on page 7 for more details.


Instructors: Ann and Jeff Reese


Workshops




Workshops Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30					
9:30-10					
10-10:30				Expressive Art	Expressive Art
10:30-11				10-11:30 (Phoenix)	10-11:30 (Sun City West)
11-11:30					
11:30-12					
12-12:30					
12:30-1					
1-1:30					
1:30-2					Beading
2-2:30				Expressive Art	1:30-3 (Phoenix)
2:30-3				2-3:30 (Fountain Hills)	
3-3:30					
3:30-4					

 **Phoenix**, MAPC, 240 W Thomas Rd, Suite 302,
Oct 12, 19, 26 & Nov 9, 16

 **Phoenix**, MAPC, 240 W Thomas Rd, Suite 302,
3rd Friday of the month

 **Fountain Hills**, Fountain Hills Community Center,
13001 N La Montana Dr.
Oct 12, 19 & Nov 2, 9, 16

 **Sun City West**, Lord of Life Lutheran Church,
13724 W. Meeker Blvd.
March 13, 20, 27 & Nov 3, 10



Education

Education

PLEASE NOTE: Register for PD101 and PD202, Powerful Tools and PD Self through the ResourceLink: 1-877-728-5414 or online at dignityhealth.org/AZCE. All of the education classes are free of charge.

PD 101

Parkinson's 101 is a 4-week seminar course, 2 hours each session, for people with Parkinson's disease and their families. The course covers basic neurology and the symptoms of Parkinson's disease, medication, nutrition, exercise, mind-body connections such as sleep disorders and depression, caregiving, how to talk to your doctor and any other topics of interest to the group.

PD 202

PD 202 is offered to provide in-depth information and practical suggestions, concentrating on the most bothersome non-motor symptoms impacting quality of life in Parkinson's disease. Topics covered include fatigue and energy management, working through depression and anxiety, cognitive changes and keeping your relationships healthy and balanced. Like PD 101, PD 202 is a 4-week seminar course, 2 hours each session, for people with PD and their families.

Education Session for those Newly Diagnosed with PD

If you or someone close to you has recently been diagnosed with Parkinson's disease, you are likely experiencing many emotions and have many concerns and questions. At the Muhammad Ali Parkinson Center (MAPC) we can help you meet the challenge of PD with support, optimism and hope. We encourage you to attend an educational session for an overview on Parkinson's disease and the programs and support services available to you through the MAPC.

Powerful Tools for Caregivers

Caregiving is a loving gift from the heart, but it can also be very challenging and demanding. Powerful Tools for Caregivers (PTC) was developed over 3 years of pilot testing and has been shown to have a positive impact on caregiver health. Since the program's inception, PTC materials have reached over 80,000 caregivers. During the six weeks of classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situation; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions.

Annual Caregiver Workshop

Join us for an interactive, 4 hour workshop to learn to be the best caregiver possible- and that includes taking care of you! The key note speaker will present research and tips on mindfulness to assist you in your caregiving role, with an opportunity to try either journaling, Barre Fusion, or beginning boxing. Enjoy a catered lunch, relax and visit with other caregivers.

PD SELF (Self Efficacy Learning Forum)


PD SELF is a national pilot program of the Parkinson's Foundation. This class is for people diagnosed with PD, three years or less, and their care partners. The class presents an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence. This course meets monthly for nine consecutive months.


Education





Education Classes

Time	Tuesday	Wednesday	Thursday	Friday	
9-9:30			PD Self 9-11:30	Annual Caregiver Workshop 9:30- 2	
9:30-10					
10-10:30	P. Tools	PD 101			P. Tools
10:30-11	10-	10-			10-
11-11:30	11:30	12			
11:30-12					
12-12:30					
12:30-1					
1-1:30					
1:30-2			Newly Diagnosed 1:30- 3:30	PD 101 1:30- 3:30	
2-2:30					
2:30-3					
3-3:30					
3:30-4					
4-4:30					
4:30-5					
5-5:30					
5:30-6		PD 202			
6-6:30		5:30-			
6:30-7:30		7:30			

 **Phoenix**, MAPC, 240 W. Thomas Rd, Ste 301 Conf Room B, **Sept 15, 22, 29 & Oct 6**

 **Phoenix**, MAPC, 240 W. Thomas Rd, Ste 301 Conf Room B, **Oct 25, Nov 1, 8 & 15**

 **Phoenix**, MAPC, 240 W. Thomas Rd, Ste 301 Conf Room B, **Sept 13, 20, 27 & Oct 4, 11, 18**

 **Phoenix**, MAPC, 240 W. Thomas Rd, Ste 302 Conf Room, **2nd Thursday of each month**

 **Anthem**, Enclave at Anthem, 42015 N Venture Dr, **Oct 4, 11, 18, 25**

 **Mesa**, Velda Rose United Methodist Church, 5540 E Main St., **Oct 25, Nov 1, 8, 15, 29 & Dec 6**

 **Phoenix**, MAPC, 240 W. Thomas Rd, Ste 301 Conf Room B, **contact Nancy Bivins at 602-406-4266**

 **Scottsdale**, The J, 12701 N Scottsdale Rd., **Nov 3**



Calendario de Actividades en Español

El programa de Servicios en Español del Muhammad Ali Parkinson Center ofrece a las familias hispanas el programa más completo del país para aprender a vivir mejor con la enfermedad de Parkinson (EP). A continuación les compartimos una lista de algunas de las actividades que estaremos llevando a cabo en la primera mitad del 2017. Para mayor información o para inscribirte, llama a Claudia Martinez al (602) 406-2453.

Educación

Taller PD SELF: foro de aprendizaje sobre la autoeficacia y la enfermedad de Parkinson

1 sábado al mes por 9 meses consecutivos – Inicia el 9 de septiembre de 1 a 4pm.
Muhammad Ali Parkinson Center 240 W Thomas Rd, Suite 302

Los desayunos del párkinson 2ª parte: taller práctico sobre los síntomas no motores del parkinson

Miércoles de 9am a 11:30am: 11, 18, 25 de octubre y 1, 9, 15 de noviembre
Muhammad Ali Parkinson Center 240 W Thomas Rd. Salón de Conferencia B

El Picnic del Parkinson: Información e integración para nuestras familias!

Sábado 18 de noviembre 9:30am a 2pm– Kiwanis Park Tempe

Programas Recreación

Coro para latinos con párkinson y sus familiares “Voces Unidas”

Phoenix

Church of Beatitudes 555 W. Glendale Ave. Salón # 14 -Phoenix

sábados: 10:30am a 12:30pm

Del 9 de septiembre al 9 de diciembre

Grupos participativos

Comadres/Compadres

Un espacio para compartir, informarse con presentadores invitados e interactuar con otras personas que viven la enfermedad de Parkinson ya sea como pacientes o como familiares.

Phoenix: llamar para confirmar lugar de reunión

Martes 9:30am – 12m: 5 y 19 de septiembre, 3 y 17 de octubre, 7 y 21 de noviembre, 5 de diciembre

Tempe: Pyle Adult Recreation Center-655 E. Southern Avenue, Tempe

Jueves de 4:30 - 7:00 pm: 7 y 21 de septiembre, 5 de octubre, 2 y 16 de noviembre, 7 de diciembre

Non-MAPC Sponsored Classes



Non-MAPC Sponsored Programs

The following Art of Moving classes are also available in the valley at the following locations. The Muhammad Ali Parkinson Center does not directly sponsor these classes. If you are interested please call the appropriate contact. Class fees vary.

Anthem

Exercise **PWR!Moves™**: Tuesdays and Thursdays, 1-2 pm
Anthem Golf and Country Club/Persimmon Fitness Center
2708 W Anthem Club Dr, Anthem
Instructor: Denise Stansberry / 623-570-1011 (please call to confirm times)
Cost: \$12.50 per class

Gilbert

Exercise **Banner Neuro Wellness**
An exercise & enrichment facility for those with PD
Heritage Building
207 N. Gilbert Road, Suite 205, Gilbert, AZ
Details: Annette at 480-699-0537

Scottsdale

Exercise Belmont Village Senior Living
Exercise Circuit Class 480-945-3600
Tuesdays and Fridays, 10:00 -11:00 am
13850 N. Frank Lloyd Wright Blvd.

Singing and Voice 2nd and 4th Tuesday of the month, 1:30-2:30pm
Desert Mission United Methodist Church, 7373 E Dixileta Dr., Scottsdale
Call Sun Joo Lee at 480-274-3206 or Marilyn Ware at 480-488-8538

Sun City

Exercise **Banner Neuro Wellness West**
Sun Health Research Institute
10515 W. Santa Fe Dr., 1st floor, Sun City, AZ 85351
Details: Melissa Theobald at 623-832-2046



Registration, Fees & FAQs

Registration Information

All classes require pre-registration. Registering for exercise is easy—simply call 602-406-3840. If you reach voice messaging, please leave a message with your phone number including your area code.

Please note:

For education classes, call 1-877-728-5414 or register online at dignityhealth.org/AZCE. For exercise classes and workshops, please call 602-406-3840.

Class Fees

All exercise classes are only \$5.00 per class. You may pay by cash or check. We do not take credit cards and are not capable of billing for payments.

MAPC Monthly Pass

Monthly passes are available for those participating in classes at the Muhammad Ali Parkinson Center location. The \$30.00 monthly pass fee covers unlimited classes at the MAPC only; providing the class is not capped by attendances and the participant meets class criteria. Knock Out PD Boxing is a \$30.00 fee and not included in the MAPC monthly pass.

Please note:

If paying for classes by check, please make checks payable to “MAPC”.

Frequently Asked Questions

Do I really need to exercise?

By all means YES- everyone needs to exercise for optimal physical, emotional- and even social and brain health. Exercise for people with PD may help with the bothersome non-motor symptoms such as depression, anxiety, fatigue, sleep disturbances and constipation. Research has shown that exercise can improve gait, balance, tremor, flexibility, and motor coordination and therefore aid in symptom management. Current research also suggests aerobic exercise may be neuroprotective and possibly slow disease progression. In the case of Parkinson’s disease, exercise is not only important but it should be a fundamental part of the overall treatment program. Not only will you feel better with exercise, you will function better. Exercise is medicine so put it on your schedule and make sure you take your daily dose.

Do I need a class specifically designed for Parkinson’s disease?

Not necessarily. If you are currently exercising now at a fitness center or other community based program, by all means we encourage you to keep doing what you are doing now. But there are lots of reasons people with PD benefit from classes designed specifically for people with PD. Often times classes are at a level too high for someone with PD- meaning they are too difficult and too challenging - which squelches success and feeds discouragement. The classes offered through the M.A.P.C. are tailored to meet your individual needs, which vary from person to person, day to day, hour to hour. The classes offered through the Center have been selected and targeted to delay symptoms or treat any existing symptoms of Parkinson’s disease. MAPC instructors are trained to work with people with PD. In tailored classes, people with PD find a new support

Frequently Asked Questions



group and social opportunities- an often unappreciated benefit of exercise- it helps us stay connected with others and the outside world, keeping us mentally fit.

Do I need to be a patient of the M.A.P.C. to attend classes?

Absolutely not.....You need not be a patient of the M.A.P.C., the Barrow Neurological Institute or St. Joseph's Hospital. The classes and the services of the Center are for anyone with PD regardless of where they receive medical care. We are a non-profit organization funded by private donations to serve our community.

Do I need a doctor's release?

A doctor's release is not required, though we do recommend that you discuss exercise with your doctor. The classes are designed to work at your level and to advance at your level, SAFELY. Through registration, your instructor will have knowledge of any health concerns you have reported.

Do I really have to pre-register; can't I just show up?

In order to provide safe, organized and effective classes you must pre-register. It allows us to plan and expect you in order to offer safe classes. Class sizes are limited. It also allows us to communicate with you any cancellations or other unforeseen situations. The paperwork can (and must) be completed before or during the first class.

If I am a former participant who has taken classes, do I have to register each time?

Yes. Everyone needs to re-register- as it keeps us up to date on who will be attending, as well as everyone's health status, addresses/phone numbers and emergency contact information.

What do I wear?

Comfortable clothing- clothing that is loose, stretches and moves with you. You do not need special exercise wear. The same with shoes- comfortable shoes that offer support.

Do I need any special equipment?

The Center provides equipment at the MAPC location. Often times participants have their own equipment and prefer to bring and use their own. This is permissible, however the Center cannot maintain or store privately owned equipment.

If I miss classes in the beginning of the session, can I still sign up?

Absolutely. There are lots of reasons that people are not able to attend the classes at the beginning of the sessions. You can start the classes at any time- it is never too late. The classes are progressive, but everyone starts at a different level and moves at their own pace .

Do I have to attend all of the classes?

No. The classes are scheduled in 12-week sessions and you can pay for the classes as you go.



Frequently Asked Questions

Do you provide transportation?

Unfortunately transportation through the Center is not available.

What if someone cannot afford the classes, is there an alternative?

Scholarship applications are available on a confidential basis.

Are the classes tax deductible?

We are not in the accounting business and will leave this to the trained professionals in your area/state in which you file your taxes. We are however, happy to give you a receipt for any payments you have made for exercise.

REGISTRATION IS REQUIRED!

For educational classes, please call the ResourceLink at 1-877-728-5414
or online at dignityhealth.org/AZCE.

For all other classes, please call 602.406.3840.

PARKINSON'S CULTURAL GALA

A Polynesian Night

United to Fight,
Empowered by Hope

SEPTEMBER 23, 2017
6:00PM

St. Mary's Basilica Hall
231 N 3rd St Phoenix AZ

Proceeds will benefit the



JOIN US FOR A NEW AND EXOTIC EVENING

Contact (602) 463-4425
pdnetworkaz@gmail.com

ADMISSION \$40 VIP \$60



Muhammad Ali Parkinson Center
240 W. Thomas Rd., Suite 301
Phoenix, AZ 85013

Non-profit Org.
U.S. Postage
PAID
Permit No. 685
Phoenix, Arizona

Enrollment is Easy

For educational classes, please call the ResourceLink at 1-877-728-5414
or online at dignityhealth.org/AZCE.

For all other classes, please call 602.406.3840.