

# Spring 2018 Exercise and Education Class Catalog



En español  
página 10

**BARROW**  
Neurological Institute

Muhammad Ali  
Parkinson Center  
A Parkinson's Foundation  
Center of Excellence

# SAVE THE DATE!

## ■ **Southwest Patient & Medical Professionals Education Day: A Focus on Parkinson Plus Syndromes**

**Wednesday, February 7, 2018**

**7:30 am – 5:00 PM**

**Location TBD**

This program is designed to connect patients and family members to a variety of professionals including physicians, physical and occupational therapists, speech-language pathologists, nurses, and social workers who specialize in providing care to individuals with Parkinson plus syndromes: Corticobasal Degeneration (CBD), Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA). Topics discussed include diagnosis and symptom management, rehabilitation strategies, managing mood and emotions, and available programs and resources. The program is designed to provide the practical tools necessary to formulate a plan for their healthcare journey and to promote self-advocacy for medical, rehabilitational and emotional needs. Breakfast and lunch will be provided. Fee is \$25 for patients, caregivers and family members. Medical professional fee is \$119 per person and include CEU's.

Register via Barrow Resource Link at 1-877-728-5414 or online at [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE)

## ■ **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](http://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

## ■ **Wellness Day at the J**

**Thursday, April 12, 2018**

**9:00 AM – 2 PM**

**Jewish Community Center**

**12701 N. Scottsdale Rd**

**Scottsdale, AZ 85254**

Join us for a day of learning at the J! Muhammad Ali Parkinson Center's Movement Disorder Specialist Naomi Salins, MD will discuss complementary and alternative therapies and their relationship with PD; and occupational therapist Jordan Staenberg, OTRL will be addressing mindfulness and relaxation techniques. Completing the morning will be an interactive showcase of the Parkinson's specific programs offered at the J. There is no fee for this program but space is limited.

Register via Barrow Resource Link at 1-877-728-5414 or online at [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE)

# Welcome to our Spring 2018 catalog

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



## Enrollment is Easy

## Registration is Required

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

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

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# 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 both a floor level, mat based yoga class and a seated class. 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 MAPC 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.

Tara Chay and Therese Uthke 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.

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.

## 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 pages 8 and 9.



# Workshops

## Workshops

### Expressive Art Workshops

The expressive arts painting workshops invite people living with PD and their care partners to join an artistic journey with artist and college professor Gregory Pearce. Participants can improve their composition skills and painting approaches to a variety of subjects.

This creative invitation is open to existing artists and new participants as well.

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, 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! PWP and their carepartners are welcome.

This class is 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





## Education

**PLEASE NOTE:** Register for PD 101 and PD 202, through Darolyn O'Donnell at 602-406-6903. Registration for Powerful Tools and PD Self through the ResourceLink: 1-877-728-5414 or online at [dignityhealth.org/AZCE](http://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 this 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.

### 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 starting each September.



# Classes at MAPC

Muhammad Ali Parkinson Center | 240 W. Thomas Rd, Suite 302, Phoenix


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				Expressive Art 10-11:30	
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	Beading Workshop
2-2:30		PWR!Moves 3		Boxing 4	
2:30-3	Music	2:15-3:15	Tai Chi	2:15-3:15	1:30-3
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 5:30-7:00		PWR!Moves 1	
6-6:30				5:30-6:30	
6:30-7					

 Music-Making-Connections: **Jan 8 - Aug 13, 2018**

 PWR!Circuit: **Jan 5 - Aug 13, 2018**

 Voice: **Jan 2 - Aug 15, 2018**


 Expressive Art: **Feb 22, Mar 8, 15, 22, 29, 2018**

 PWR!Moves 1-3: **Jan 2 - Aug 16, 2018**

 Yoga: **Jan 4 - Aug 16, 2018**

 Boxing 1-4: **Jan 9 - Aug 16, 2018**

 Tai Chi: **Jan 3 - Aug 15, 2018**

 Beading Workshop: **1st Friday of every month**



# Classes 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				Wellness Day 9:30-2 April 12, 2018	
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		Expr. Arts 2-3:30			Play Reading 2-3:30
2:30-3					
3-3:30					
3:30-4					

## Wellness Day

Apr 12, Speakers: Naomi Salins, MD, Jordon Staenberg, OTR & Adam Cargo

Register for The Wellness Day at the J through the ResourceLink at 1-877-728-5414 or on-line at [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE)

## Play Reading

Jan 5-May 25

## Expr. Arts

Feb 20, 27, Mar 6, 13, 20. Cost: \$30 per person or \$50 per couple. Instructor: Gregory Pearce

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

Members: \$50/ session, Guests: \$70/ session

## Cycling

Members: \$50/ session, Guests: \$65/ session

Register for PWR!Moves 1, PWR!Moves 2, PWR!Circuit, Boxing or Aqua Cycling through the J at 480-483-7121



# Other Valley Locations

## Phoenix & Northeast Phoenix Classes

### EXERCISE

**Tai Chi**, Mondays, 2:30-3:30 PM,  
Jan 8-July 29, 2018  
Shiloh Community Church  
19021 N 32nd St, Phoenix  
Instructor: Christiana Dart

**Art of Moving**, Tuesdays, 9:30-10:30 AM,  
Jan 2-July 31, 2018  
Shiloh Community Church  
19021 N 32nd St, Phoenix  
Instructor: Christiana Dart

**Parkinson's Dance**, Thursdays, 11:30-12:45 PM,  
Jan 11-June 7, 2018  
Bender Performing Arts  
3141 E Beardsley Rd, Ste 110, Phoenix  
Instructor: Debbie Braganza

**Parkinson's Dance**, Wednesdays, 11-12:15 PM,  
Fridays, 1:00-2:00 PM  
Ballet Arizona, 2835 E. Washington St, Phoenix  
Instructor: Debbie Braganza. Please call Debbie for  
details at 602-381-0188

### EDUCATION & WORKSHOPS

**PD 202**, Fridays, 10:00-12:00 PM  
Feb 2, 9, 16 & 23  
The Enclave at Anthem Senior Living  
42015 N Venture Drive, Anthem, AZ 85086  
Registration: Darolyn O'Donnell 602-406-6903

**Education Session for those Newly Diagnosed with PD**, 1st Thursday of every month,  
1:30-3:30 PM  
Muhammad Ali Parkinson Center  
240 W Thomas Rd, Suite 302  
Instructor: Nancy Bivins, LMSW  
Registration: ResourceLink at 1-877-728-5414 or  
on-line at [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE)

## East Valley Classes

### EXERCISE

#### Fountain Hills

**Art of Moving**, Fridays, 9:00-10:00 AM,  
Jan 5-May 25, 2018  
Fountain Hills Community Center  
13001 N La Montana  
Instructor: Melinda Theobald

**PWRMoves**, Fridays, 10:00-11:00 AM,  
Jan 8-May 25, 2018  
Fountain Hills Community Center  
13001 N La Montana  
Instructor: Melinda Theobald

#### Scottsdale

**Tremble Clef Choir**, Thursdays, 4:00-6:00 PM  
Granite Reef Senior Center  
1700 N Granite Reef Rd.  
Contact/Call Faith Blenkle to confirm dates at  
480-991-0451

#### Sun Lakes

**Art of Moving**, Tuesdays, 10:30-11:30 AM,  
Jan 9-May 29, 2018  
United Methodist Church  
9428 E Riggs Rd., Room #10  
Instructor: Christiana Dart

## PD 101 & PD 202

will also be available online in 2018.

For more information

[MAPCOutreach@Barrowneuro.org](mailto:MAPCOutreach@Barrowneuro.org)

# Other Valley Locations



## EDUCATION & WORKSHOPS

**Powerful Tools for Caregivers**, Fountain Hills Community Center, Yavapai Room, 13001 N La Montana Dr. Wednesdays, 10:00-11:30 AM, Jan 10, 17, 24, 31 & Feb 7, 14  
Instructor: Nancy Bivins  
To register online: [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE) or call 1-877-728-5414

## West Valley Classes

### EXERCISE

#### Goodyear

**Art of Moving**, Thursdays, 9:45-10:45 AM, Jan 4-July 26, 2018  
Christ Evangelical Church, 918 S Litchfield Rd., Goodyear

Instructor: Therese Abair

#### Sun City

**Tremble Clefs**, Wednesdays, 10:00-12:00 PM, Contact Sun Joo Lee at 480-274-3206 to confirm class dates.

Shepherd of the Desert Lutheran Church  
11025 111th Ave., Sun City  
Choir Director: Sun Joo Lee

#### Sun City West

**PWRMoves3**, Mondays, 10:15-11:15, Jan 8-Jul 30, 2018  
Shepherd of the Hills United Methodist Church, 13658 Meeker Blvd., Sun City West  
Instructor: Therese Abair

## EDUCATION & WORKSHOPS

#### Sun City West

**Expressive Arts Workshop**, Fridays, 10:00-11:30 AM  
February 22, March 2, 9, 16, 23  
Lord of Life Lutheran Church  
13724 W Meeker Blvd., Sun City West  
Instructor: Gregory Pearce

**Powerful Tools for Caregivers**, Wednesdays, 10:00-11:30 AM, Feb 21, 28, Mar 7, 14, 21, 28  
Desert Palms Presbyterian Church  
13459 W Stardust Blvd., Sun City West  
Instructor: Nancy Bivins

To register online: [dignityhealth.org/AZCE](http://dignityhealth.org/AZCE) or call 1-877-728-5414



## PD 101 & PD 202

will also be available online in 2018.

For more information

[MAPCOutreach@Barrowneuro.org](mailto:MAPCOutreach@Barrowneuro.org)



# 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 2018.

Para mayor información o para inscribirte, llama a Claudia Martinez al (602) 406-2453.

## Educación

### Conferencia Anual Muhammad Ali: Infórmate, participa, motívate!

Sábado 10 de marzo Barrow Neurological Institute, Phoenix

## Programas de Ejercicio y Recreación:

### Taller de Pintura de Primavera

El taller consta de 5 sesiones: los jueves 11, 18, 25 de enero y 8 y 15 de febrero. Puede participar en una de las dos localidades a continuación:

- **Phoenix:** de 9:30 a 11:30am en el Muhammad Ali Parkinson Center  
240 W Thomas Rd, Suite 302 – Phoenix 85013
- **Tempe:** de 4:30pm a 6:30pm en el Pyle Adult Recreation Center  
655 E. Southern Avenue - Tempe, Arizona 85282

### Clase de Yoga

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

Phoenix

Ubicación por confirmar

sábados: Yoga de 9:30 a 10:30 am y

Coro Voces Unidas de 10:30am a 12:30pm.

Del 13 de enero al 28 de julio

## Grupos participativos

### Comadres/Compadres

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

- **Phoenix:** Church of Beatitudes 555 W. Glendale Ave. Salón por confirmar  
Martes 9:30am – 12m, 16 de enero (participantes de Phoenix y Tempe unidos en la misma sesión), 20 de febrero, 20 de marzo, 17 de abril, 15 de mayo
- **Tempe:** Pyle Adult Recreation Center-655 E. Southern Avenue, Tempe  
Jueves de 4:30 - 7:00 pm. 15 de febrero, 15 de marzo, 19 de abril, 17 de mayo



# 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



# PD Support Groups

## East Valley

### Sun Lakes/ Chandler/Gilbert

Snedigar Recreation Center Meeting Room  
4500 S. Basha Rd  
Chandler, AZ 85248  
1st Friday of the Month, 1:30-3:00 pm  
Contact Kris Watts at the MAPC 602-406-4921

### Mesa

Red Mountain Multigenerational Center  
7550 E Adobe Rd  
Mesa, AZ 85207  
1st Monday of the Month, 1:30-3:30 pm  
Contact Kris Watts at the MAPC 602-406-4921  
(2:30-3:30 Caregiver breakout group)

### Fellowship Square

35 W. Brown Rd,  
Mesa, AZ  
1st Wednesday of the Month, 1:30-3:00 pm  
Contact Debbie Harwood at Fellowship Square 480-290-7950

### Scottsdale

Desert Mission United Methodist Church  
7373 E Dixileta  
Scottsdale, AZ  
1st Thursday of the Month, 10:30-Noon  
Contact Marilyn Ware 480-488-8538

### Valley of the Sun Jewish Community Center

12701 N Scottsdale Rd  
Scottsdale, AZ 85254  
2nd Friday of the Month, 10:00am- 11:30 am  
Contact Patty Hatton at the MAPC 602-406-3840

### *Caregiver Support Group (for caregivers only)*

HealthSouth Rehabilitation Hospital  
9630 East Shea Boulevard  
Scottsdale, AZ 85260  
4th Friday of the Month, 10:00am- Noon  
Contact Danah Flanagan at danah.flanagan@hospicewestaz.com

### Fountain Hills

Fountain Hills Community Center  
13001 N LaMontana Dr  
Fountain Hills, AZ 85268  
First Wednesday of the Month, 9:30-11:00 am

Fountain Hills Caregiver Wellness  
Fountain Hills Community Center  
13001 N LaMontana Dr  
Fountain Hills, AZ 85268  
1st Monday of the Month, 10:30-12:00 pm  
Contact Jim 480-209-8755

## Phoenix & Northeast Phoenix

Beatitudes Church/Duet  
Patio Room  
555 W. Glendale Ave  
Phoenix, AZ 85021  
2nd Wednesday of the Month, 1:30-3:00 pm  
Contact Kris Watts at the MAPC 602-406-4921

Muhammad Ali Parkinson Center  
Evening Support Group  
Conference Room B  
240 W Thomas Rd.,  
Phoenix, AZ 85013  
4th Tuesday of the month, 5:30-7:00 pm  
Contact Patty Hatton at the MAPC 602-406-3840

### Ahwatukee

Mountain Park Senior Living  
4475 E Knox Rd  
Phoenix, AZ  
1st Friday of the Month, 10:30-12:00 pm  
Contact Kris Watts at the MAPC 602-406-4921

### Anthem

North Valley Regional Library  
40410 N. Gavilan Peak Parkway (on the Boulder Creek High School campus)  
1st Saturday of the month, 10:00am-11:30am  
Contact: Robb Young at youngrobb@yamil.com or 303-656-3128.

# PD Support Groups



## West Valley

### Sun City West

Shepherd of the Hills United Methodist Church  
13658 Meeker Blvd, Sun City West, AZ  
3rd Tuesday of the Month, 3:00-4:30 pm  
Contact Regina Thibideau at 623-584-4999

### Surprise/Sun City Grand

Cimarron Center  
17100 West Clearview Boulevard  
Surprise, Arizona  
1st Tuesday of the Month, 10:00-11:30 am  
Contact Patty Hatton at 602-406-3840

### Glendale

HealthSouth Rehab Hospital Glendale  
13460 N. 67th Ave, Glendale, AZ  
2nd and 4th Tuesday of the Month, 1:00-2:00 pm  
Contact Trent Tripp or Rose O'Gorman at  
623-878-8800

## Avondale/Goodyear

Christ Evangelical Church  
918 S. Litchfield Rd  
Goodyear, AZ  
3rd Tuesday of the Month, 12:30-2:00 pm  
Contact Nancy Bivins at 602-406-4266

Carepartner Wellness  
Christ Evangelical Church  
918 S. Litchfield Rd  
Goodyear, AZ  
2nd Thursday of the Month, 10:00- 11:00 am  
Contact Ann Wheat at Beatitudes Center D.O.A.R.  
602-274-5022  
This group is for carepartner's only

## Southern Arizona

### Casa Grande

Robson Ranch Conference Center  
5687 N Robson Blvd  
Eloy, AZ 85131  
1st Monday of the Month, 10:00-11:30 am  
Contact Kris Watts at the MAPC 602-406-4921

### Florence

2nd Wednesday of the Month, 10:30-12:00 PM  
Call for Location  
Kris Watts at 602-406-5921

### Yuma

Daybreakers Café  
10800 E Frontage Rd  
Yuma, AZ 85367  
1st Monday of the Month, 9:00- 11:00 am  
Contact Beverly at 928-246-2876

## Northern Arizona

### Prescott

First Lutheran Church  
231 W. Smoke Tree lane  
Prescott, AZ 86301  
3rd Thursday of the Month, 10:00-11:30 am  
Contact Kay Bolander at 928-778-2242

### Kingman

Kingman Regional Medical Center  
Dell E Webb Wellness Center  
Cerbat Conference Room  
3rd Tuesday of the Month, 1 pm  
Contact the Education Department at 928-263-5640

### Verde Valley

Verde Valley Medical Center  
Outpatient Rehab Services- Conference Room  
2nd Friday of the Month, 3:00-4:00 pm  
Contact Judy Talley at 928-202-7952

## Western Arizona

### Lake Havasu

Community Presbyterian Church  
3450 Chemehuevi Blvd, Lake Havasu City, AZ 86406  
2nd Wednesday of the month, 1:00-2:00 pm  
Contact Paula Anderson 928-855-6000  
(Alzheimer / Dementia Connection of Lake Havasu)



# 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](http://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



# Frequently Asked Questions



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 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](https://dignityhealth.org/AZCE).

For all other classes, please call 602.406.3840.



**12th ANNUAL**

# Parkinson Network of Arizona



**Walk the Fight &  
Run the Distance**  
*for Parkinson's Disease*

**2 Block/5K race to benefit the  
Community Outreach and  
Wellness programs of the  
Muhammad Ali Parkinson Center  
at Barrow Neurological Institute**

**Saturday  
February 10th,  
2018**

**TEMPE BEACH PARK  
80 W. Rio Salado Parkway**



**REGISTER ONLINE AT**

**[WWW.WALKTHEFIGHT.COM](http://WWW.WALKTHEFIGHT.COM)**



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

Non-profit Org.  
U.S. Postage  
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Phoenix, Arizona

## Enrollment is Easy

For educational classes, please call the ResourceLink at 1-877-728-5414  
or online at [dignityhealth.org/AZCE](https://dignityhealth.org/AZCE).

For all other classes, please call 602.406.3840.