



We made it! We turned the corner here in Arizona and we are starting our new year with the hope for a better 2021. We have been enjoying the cooler weather that our Fall and Winter seasons bring along with mild sunshine. For those of you who put off going outside to exercise during the extended summer months because of the intense heat, you can now go outside any time during the day to exercise, take a walk, or ride a bike.



Melinda Peterson-Theobald, MS  
Outreach Program Manager  
Exercise Physiologist

We have had a lot of practice over the past year adopting healthy strategies and staying well during the COVID-19 stay-at-home orders. This holiday season was very different for those who could not travel to be with family and friends. Celebrations took on a new look by utilizing virtual platforms such as ZOOM and Facetime. Families and friends found creative ways to see each other and make new memories. New holiday traditions were created while it was imperative to stay well and protect our loved ones. It is essential to maintain the healthy habits that we have established for ourselves. Some of you were able to continue with your health and wellness programs while remaining in town this season. Some of the community recreation centers and gyms are open now with safety protocols in place. There are more exercise and wellness options available now to educate, motivate and keep us socially connected. It is up to us to choose what plan is best.

The COVID-19 vaccination roll-out has begun with Phase 1A and 1B prioritized groups. Many of our patients and BNWW members have already received their first and second COVID-19 vaccinations. Many more of you will be eligible to register and schedule your vaccination appointments in the near future. Point of Dispensing (POD) site locations are set-up in many large-site facility and selected pharmacy locations. For up-to-date eligibility, vaccine and location information click on <https://www.maricopa.gov/5641/COVID-19-Vaccine>

In this issue we will take a look at the changes we have made in our fitness and wellness programs and how we have gone virtual to help maintain our physical and mental health. We will re-visit the importance of the **LSVT LOUD** program and how it can help a person with Parkinson's disease improve and preserve their voice and speech. We welcome our new BSHRI Nurse Practitioner Debra Witthar who is part of our BSHRI Movement Disorder Team and will facilitate our *new* virtual DBS Education and Resource Class. She will also be introducing a *new* monthly **PD Education** and Learning series beginning in April. Our **BNWW PD Voice Class** is back on our monthly calendar on Mondays and has also gone virtual. As of February, our weekly **Coffee Talk PD Support Group** is facilitated by Tessa Sweepe, MSW, LCSW from our Family and Community Services, (FCS) team via ZOOM. More details and login information about all of our BSHRI support groups and classes are listed inside this issue and on our monthly BNWW calendars.

We are looking forward to an active and healthy Spring!



Banner Sun Health  
Research Institute  
10515 W. Santa Fe Drive  
Sun City, Arizona 85351

## Welcome 2021

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## Starting and Maintaining a Successful Home Exercise Program (HEP)

This year we have had to change the way we do many things. We previously enjoyed our ability to come and go as we pleased to attend conferences, lectures, community events, support groups, gyms, and group exercise classes. However, since stay at home orders were issued beginning last March, we have had to find new ways to remain engaged in our personal health and wellness. We can no longer attend a “live” class and immerse ourselves in an engaging, positive, social, and fun environment. Many exercise or wellness classes are now offered virtually, where we participate on our own in livestream or on-demand formats.

Community and private gyms have been closed, re-opened, and closed again this past year because of the COVID-19 pandemic. As a result, we exercise at home or not at all. Some who have chosen the latter suffer from their decreased fitness. They don't feel as strong and healthy as they did prior to being restricted by social distancing and quarantine orders. We know that as we age and become less active, we lose muscle mass and strength, fat accumulates, and we gain weight. While we cannot stop getting older, we can remain active and be responsible for our own health.

For some, physical activity and exercise has always been important, and they include it in their daily schedule along with their other activities of daily living. For others, it is something new that they did not previously feel was necessary. Now, it has gained attention because they are experiencing the impact of not exercising, or they have been told by their physician that they need to make it a priority. Why do people feel so differently about exercise? The feelings range from loathing to extreme enjoyment. How can we embrace new ways of exercising and staying healthy utilizing technology and virtual exercise programs? How do we motivate ourselves to participate and stay engaged?

The first step to create a successful HEP is identifying the format that works for you. What will you most likely do at home alone? Are you more likely to follow a recorded or a livestreamed virtual class? Would you prefer private instruction by a personal trainer or a therapist? Would you follow instructions in a book or some other form of written instruction?

### Things to consider when setting up your HEP

**Selecting the exercise activity for your HEP** – Will you continue with your Parkinson's specific program, your previous gym program, exercises obtained from your physical therapist or personal trainer, or would you like to try something new? How about a specific skill program like boxing, dance, or tai chi? There are many options available, and you can do some of each if you like. Many virtual fitness and wellness programs offered for Parkinson's are free. It's a perfect time to try something that you didn't do before the pandemic restrictions changed everything. The more you enjoy the exercise format, the more likely you will stick with it.

**Do you have the technology to view virtual programs and classes?** Will you be using a DVD or an electronic device that can upload or connect you to pre-recorded or livestream classes or instruction? Is your screen large enough to see the instructor while you are performing the exercises or activities?

**Do you plan to use a book or series of exercise hand-outs?** How will you view the text and images while you are exercising? Are the images and instructions large enough for you to see while you are moving?

**Where do you plan to do your home exercises?** You may not have a home gym, but you can probably create a safe space in your home or yard to use for exercise. The space must be large enough for you to perform the different movements without hitting your furniture, walls, collectables, and ceiling fans. It is also important to consider the floor surface to prevent slipping, tripping, or falling.

**Do you need equipment like a mat, hand weights, or other items?** You will need to have them handy where and when you exercise. If you must walk around during your program to locate these items, you may lose valuable exercise time. Remember to have a bottle of water nearby to drink during class.

**Do you enjoy or are you motivated by music while you exercise?** There are many ways to add music to your program: the radio, streaming services on your phone, tablet, computer, television, record turn table, cassette, and CD players. Music can give you that extra boost when you need it.

**Plan to wear the same type of exercise clothing that you wore when you were participating in an in-person class.** Remember to wear shoes that are appropriate for exercise. Dress in layers, especially in the winter when your house is being heated. You may be cold when you start your routine, but you will warm up as your heart rate increases.

**Warm up and cool down before and after your program.** You should not deviate from safe and effective exercise practices just because you are at home in an informal environment. It is important to take care of yourself to prevent injuries.

**Set yourself up for success and a positive experience.** Make it easy for yourself. When properly prepared you will encounter fewer barriers and interruptions. Plan your exercise program ahead of time and make it a goal to complete that plan.

**Set aside a specific amount of time for your program.** Whether it's a short ten-minute portion of your LSVT BIG or PWR! Fitness exercises, or a complete 30-to-60 minute program, set realistic goals.

**Stay focused** – Consider this time just as important as when you are exercising with an instructor or in an in-person class. Safety should be considered, and distractions limited. Schedule this time when you are most likely to be uninterrupted. An advantage of a pre-recorded class is it can be viewed when it is convenient for you.

**Start slow.** You can always add more time and exercises to your program as your fitness level improves.

**Consult your physician or other health care professional before starting any fitness program to determine if it is appropriate for your needs.** This is important if you or your family have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity. Caution should also be considered if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start a fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately.

## Support Banner Neuro Wellness West



[www.bannerhealth.com/ways-to-give/foundations](http://www.bannerhealth.com/ways-to-give/foundations)  
602.747.(GIVE) 4483

**Banner Neuro Wellness West (BNWW)** provides PWR! fitness and wellness classes and other programs to support people with Parkinson's disease, their families and caregivers. The BNWW program is made possible by grants, generous community donations, and membership fees.

If you or someone you know would like to help **BNWW** continue to provide these programs, or to sponsor a person with Parkinson's, please consider a tax-deductible donation.

Please go to <https://www.bannerhealthfoundation.org/areas-to-support/parkinsons-disease> and select **Banner Neuro Wellness West BHF-124008** or call 602-747-GIVE (4483).

## Why Physicians Recommend LSVT LOUD

The **LSVT BIG** and **LOUD** programs are separate therapies prescribed for individuals with Parkinson's disease (PD). **LSVT LOUD** is a **speech therapy program**, and **LSVT BIG** is a **physical or occupational movement therapy program**. These programs can be taken independently or concurrently depending on individual needs.

**LSVT LOUD** is an evidenced-based treatment to improve voice and speech when impacted by PD and other neurological conditions. It was developed by Dr. Lorraine Ramig, who is currently a Research Professor in Speech-Language and Hearing Sciences at the University of Colorado-Boulder, and President and Co-Founder of **LSVT Global, Inc.** The **Lee Silverman Voice Therapy** or **LSVT LOUD** was named in memory of Mrs. Lee Silverman, who was the focus of Dr. Ramig's research beginning in 1987.

**Three key strategies** make the **LSVT LOUD** program effective:

**TARGET:** Vocal Loudness or "Amplitude"

**MODE:** Intensive Dosage and High Effort. Therapy sessions are tailored to individual needs and are delivered one-on-one.

**CALIBRATION:** Sensory feedback helps individuals "recalibrate" their new louder voice within normal limits.

The **LSVT LOUD** program uniquely focuses on delivering treatment in a high-effort, intensive manner, increasing vocal loudness to normal levels and improving vocal quality. Standard **LSVT LOUD** treatment is delivered four times a week over four weeks. Participants are assigned daily homework and exercises to strengthen the larynx or voice box. After completing the program, participants are expected to practice 10-15 minutes at least once a day. Personalized treatment and homework facilitate engagement, motivation and the potential to drive neuroplasticity.

The **LSVT LOUD** program is most effective in slowing symptom progression and improving function in the early to middle stages of PD—before significant speech problems are noticed. However, it is never too late to get started. It has also been used to treat adults with atypical PD, stroke, MS, Alzheimer's and children with CP and Downs Syndrome. The **LSVT LOUD** program is administered by speech therapists who have completed the **LSVT LOUD** clinical training and certification process.

**Does this program really work? What are the outcomes?**

**Primary Improvements** – Improved loudness and variation in voice pitch while speaking

**Secondary Improvements** – Better articulation and improved swallowing and facial expression while talking

Improvements last over time, especially if maintenance homework continues and patients pursue "tune-ups" as needed. Both the **LSVT LOUD** and **LSVT BIG** programs are considered life-long journeys. "Tune-up" sessions are advised to maintain the benefits achieved. Why 4x/week for 4 weeks? Other treatment schedules and lower levels of intensity studied were not as effective. Studies also validate changes in the brain following this treatment. Exercise is Medicine! ®

For more information about the LSVT programs, and where to find a certified clinician, visit the LSVT GLOBAL website at [www.lsvtglobal.com](http://www.lsvtglobal.com).

## Introducing BSHRI's New Nurse Practitioner



**Debra Witthar DNP, AGNP-C**, joined the Banner Sun Health Research Institute in October 2019 as a Clinical Nurse Specialist and has transitioned into her new role as an Adult-Gerontology Nurse Practitioner. She has worked for Banner Health since 2005 as a critical care and perioperative nurse. Debra graduated with her Doctor of Nursing Practice from Arizona State University. She holds both a B.S. degree in Nursing and a M.S. degree in Nursing Education from Grand Canyon University. She participated in the Edmond J. Safra Visiting Nurse Faculty Parkinson's program in 2016 and received scholar of the year in 2017. Debra gained experience caring for patients with movement disorders as a neuro critical care nurse and while completing her training at the Muhammad Ali Center in Phoenix, Arizona. She is currently adjunct faculty for Northern Arizona University, teaching undergraduate nursing students gerontology, anatomy, physiology and assessment skills.

Debra will be our instructor/facilitator for the **new Livestream virtual DBS Education and Resources Class** that begins in March. This monthly class will be offered on the **3<sup>rd</sup> Wednesday of each month at 11:00 a.m. via ZOOM**. Please check your calendar for more details and login information. She will also be introducing our **new Livestream virtual Parkinson's disease Learning & Educational Resource class** in April. This class will be held on the **2<sup>nd</sup> Wednesday of each month** beginning in April. Both educational classes are open to our BNWW and Coffee Talk members, patients and the general public.

## BNWW PD Voice Class Goes Virtual in December 2020

The **PD Voice Class** is back and now available on-line **Mondays at 10:00 a.m.** (See the BNWW Calendar on the last page of this newsletter for details).

In January 2020, BNWW added a Voice Class to address the needs of people with Parkinson's Disease (PD). Along came the COVID-19 virus ending public assemblies and temporarily closing-down the BNWW PD program altogether in April 2020.

The program bounced back in August 2020, applying on-line technology to successfully conduct PWR! Circuit, PWR! Moves, and PWR! Up classes virtually - paving the way to bring back the Voice Class beginning in December 2020.



Our **PD Voice instructor, Lisa Roye**, is currently a member of our BSHRI Clinical Research team as a Senior Psychometrist. She completed her bachelor's degree in biology-physiology and psychology and her master's degree in clinical speech-language pathology at Northern Arizona University. She then obtained her Certificate of Clinical Competence (CCC) in speech-language pathology through the American Speech-Language-Hearing Association.

Before joining the BSHRI team, Lisa gained experience practicing as a Speech Language Pathologist (SLP) in a variety of settings including home health, hospitals, inpatient rehabilitation centers and outpatient clinics. Her patients included adults diagnosed with conditions ranging from head and neck cancer to traumatic brain injury (TBI), cerebrovascular accidents, Parkinson's disease, and many others.

Always passionate about helping those with neurogenic speech, language, cognitive communication, voice and/or swallowing disorders, Lisa has been Lee Silverman Voice Treatment (LSVT) Loud certified since 2013.

## Participants Enjoying BNWW's Virtual PD Voice Class



10 am (MST) on Mondays

# Parkinson's Voice Class

Virtual offering for improved communication and comradery

Did you know that a common symptom of Parkinson's disease is a softer voice and difficulty being heard and understood? Our Banner Neuro Wellness West program is excited to offer a new **Parkinson's Voice Class** with experts from Banner Sun Health Research Institute. The virtual class is open to all individuals with Parkinson's disease who are interested in practicing their communication skills. We will focus primarily on activities to promote a louder speaking voice to be better understood in conversation, along with other exercises. All ability levels are welcome.

### Class Details:

Weekly from 10 to 10:45 a.m. Mondays / Online via Zoom

Registration is required for virtual login details.

### Registration:

**FREE**

Required for virtual login details. Please contact Melinda Theobald :

[Melinda.peterson-theobald@bannerhealth.com](mailto:Melinda.peterson-theobald@bannerhealth.com) or call 623-832-2046



**Historic Trivia: Eat Humble Pie** - Making an apology and suffering humiliation along with it. **History:** During the Middle Ages, the lord of a manor would hold a feast after hunting. He would receive the finest cut of meat at the feast, but those of a lower standing were served a pie filled with the entrails and innards, known as "umbles." Therefore, receiving "umble pie" was considered humiliating because it informed others in attendance of the guest's lower status.

## ZOOM Tips

We've gone virtual to conduct our PWR! Fitness and PD Voice classes on-line. Here are some helpful tips for using the ZOOM program:

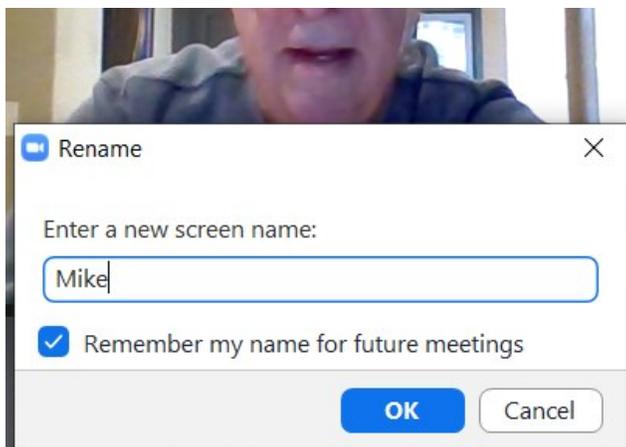
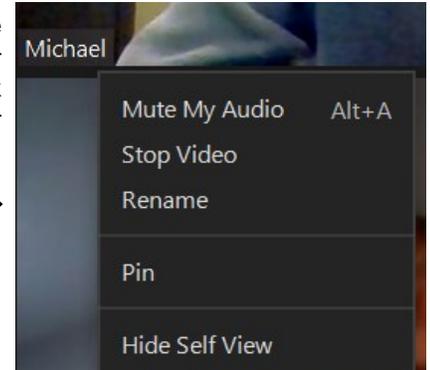
### How to Rename Your Image

In Gallery View, your image appears on the screen with all other participants, and your name appears in the bottom left corner of your image. Maybe you would prefer to use a nickname, or a shortened version of your name (Mike instead of Michael, for example), or maybe your spouse's name appears because he or she owns your ZOOM account. Here's how to edit your name.



← "Michael" appears in the bottom left corner. Place your cursor on the name and click the right button on your mouse.

This menu appears. Place your cursor on the word "Rename" and click the left button on your mouse. →

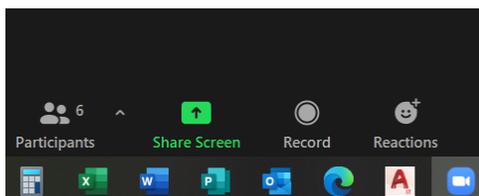


This menu appears. Type your new name in the space provided and click on "ok".

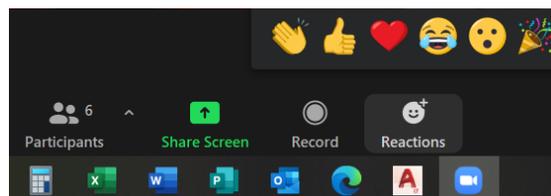
The name "Mike" now appears in the bottom left corner

### Posting an Emoji Reaction During Your ZOOM Meeting

Sometimes you may like to express an emotion to something being said or discussed in your ZOOM meeting, but you can't because you are muted, or you just may not feel like speaking because you'd interrupt the discussion. Instead, you can use a "Reaction" to express yourself. Here's how:



These ICONS appear at the bottom of your screen. Click on the "Reactions" ICON.



These six emojis will appear. Simply click on the one you want to display on your image.



The emoji you clicked on will appear in the upper left corner of your image, and it will disappear after about 10 seconds.

## ZOOM Tips (Continued)

**Safety is always the main focus** when exercising in a “live” session, where the instructor can see your every move and respond to issues if they arise. **The focus on safety is more important in a virtual setting**, increasing the instructor’s reliance on the ZOOM video image to monitor your performance. It’s important to provide the best view of yourself on the ZOOM screen **in the interest of safety**.



During your exercise session, the instructor will put the meeting into “Spotlight” view. You will appear on the instructor’s screen in “Gallery View” and your screen will be filled with a view of the instructor. **If your camera is not properly positioned, your instructor will have a difficult time watching out for your safety and unable to coach you to get the most out of your exercise experience.**

The solution is adjusting the position of your camera. If you are using a laptop, simply tilt the cover until your face fills the Zoom image space. You may have to adjust it again when exercising begins, because you will have backed-up from your computer, perhaps cutting-off the view of your feet or head. If you’re using a handheld device (e.g. a cell phone) or a tablet or other smaller device, use a book or a towel or some other item to prop the device in a position that fills the space with your face or body.



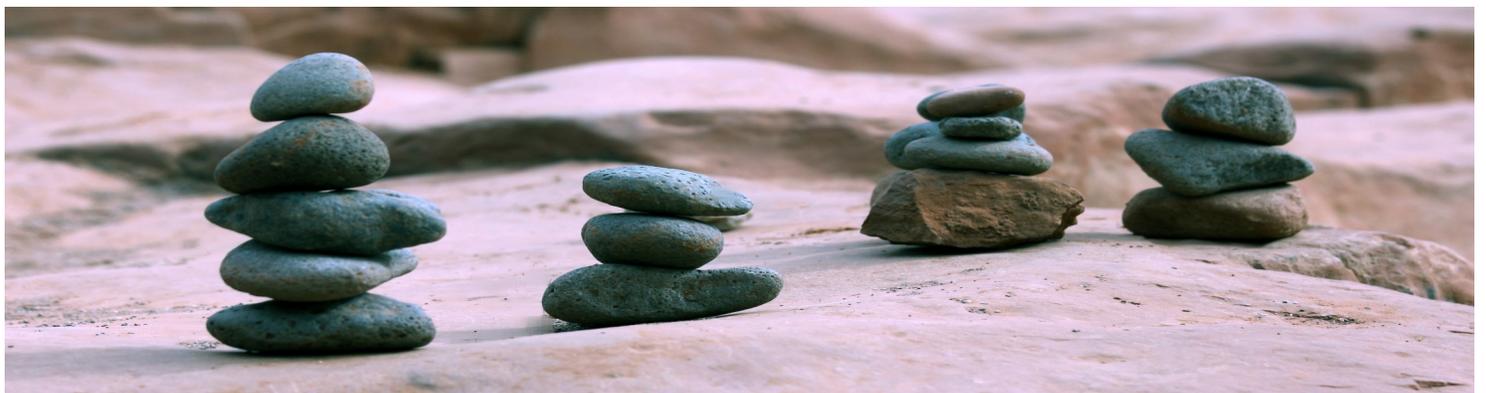
It may take a few attempts to figure out the right position(s) for your device. Once you figure it out, you’ll know exactly what to do to provide the best view for your instructor—and to keep you safe.



## PD Glossary

**PD Glossary is an alphabetical list explaining or defining terms used in this newsletter**

**Neuroplasticity** – the brain’s ability to change



## Banner Sun Health Research Institute Clinical Trials



Clinical Trials are key to advancing the health care landscape and how we treat diseases. **Banner Sun Health Research Institute** is proud to offer research studies to patients and people in the community. Our studies focus on memory and movement disorders like Parkinson's disease. Some studies assess the safety and effectiveness of new medicines or treatment devices and are available to those with or without disease symptoms.

Learn more at [www.BannerHealth.com/Research](http://www.BannerHealth.com/Research) or call (623) 832-6500

### Support Groups / Education Classes / COVID-19 Adjustments



**Coffee Talk** – This weekly PD Support Group will meet **virtually** via ZOOM on **Fridays from 10:00 a.m. – 11:00 a.m. Arizona time**. The group provides camaraderie, socialization and support for people with PD, spouses, care partners and family members. To join the livestream virtual meeting **use the ZOOM meeting link:**  
<https://zoom.us/j/91976339867?pwd=bGpxSkxqNVh3dWpmR0RRRHhFK1h5QT09>  
Meeting ID: **919 7633 9867**, Passcode: **Bu2HqZ**.

**PD Care Partner's Support Group** – This group meets **virtually** via ZOOM on the **1<sup>st</sup> and 3<sup>rd</sup> Thursday** of each month from **11:00 a.m. to 12 Noon**. To join the livestream virtual meeting use the **ZOOM meeting link:**  
<https://zoom.us/j/98581546908?pwd=WEU2RnBYNVBBUW4zOXBzUlhZ0VuZz09>  
Meeting ID: **985 8154 6908**, Passcode: **y1D7LS**

**Women's Group** – This group typically meets on the **4<sup>th</sup> Wednesday** of each month from **1:00 p.m. to 3:00 p.m.** It has been postponed until further notice. The group is for women with PD and female spouses and care partners.

**DBS Education and Resources Class** – This **livestream virtual** class is offered on the **3<sup>rd</sup> Wednesday** of each month from **11:00 a.m. to 12 Noon** via ZOOM. The class is free to the public, but registration is required. To register and join the livestream virtual meeting use the **ZOOM meeting link:**

<https://us02web.zoom.us/j/81212597974?pwd=Nk9aOHFEOfZtMy9PRIJaNHJQY3duUT09>

Meeting ID: **812 1259 7974**, Passcode: **DBSBSHRI**

### Helpful Websites

<https://www.davisphinneyfoundation.org>

<https://www.michaeljfox.org>

<https://www.parkinson.org>

<https://www.lsvtglobal.com>

<https://www.medicare.gov/coverage/telehealth>

<https://17branches.org>

<https://www.apdaparkinson.org>

<https://www.myplate.gov>

<https://health.gov/dietaryguidelines>

<https://PMDalliance.org>

<https://www.medicare.gov/index>

<https://zoom.us/>

<https://www.diabetes.org>

<https://www.heart.org>

<https://www.nih.gov>

<https://www.pwr4life.org>

<https://www.cdc.gov/>

<https://www.who.int/>

<https://www.bannerhealth.com/services/neurosciences-stroke/education-and-support>

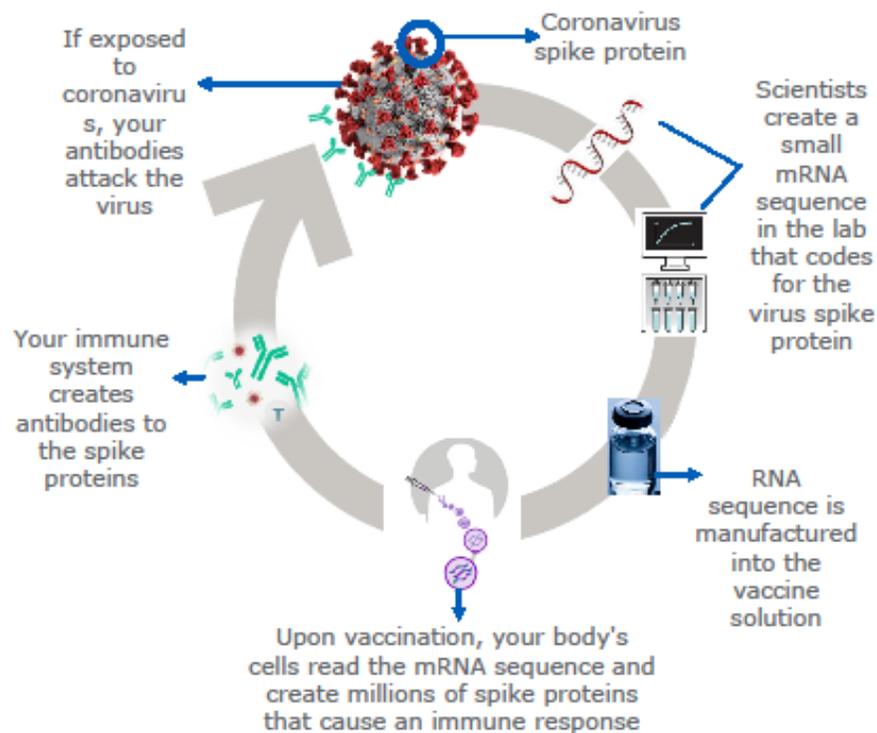
<https://www.parkinson.org/understanding-parkinsons/coronavirus/PD-health-at-home/Fitness-Fridays#april10>

<https://www.bannerhealth.com/patients/patient-resources/covid-19>

<https://www.bannerhealth.com/healthcareblog/advice-me/what-to-expect-when-you-get-the-covid-19-vaccination>

<https://www.maricopa.gov/5460/Coronavirus-Disease-2019>

# The Vaccine Facts: How is the Vaccine Made?



## How is the Vaccine Different?

Unlike traditional vaccines, the vaccine is not manufactured in cells of any kind, but created in the lab

- No fetal cells
- No viral cells
- No eggs

- Contains no major allergens
- Preservative free

- The mRNA does not combine with your DNA. Your cells "read" the mRNA segment
- mRNA research began in the 1990s, but the COVID vaccine is the first to receive approval

Sources: Moderna, Pfizer, Nature, Bloomberg Research





**BANNER SUN HEALTH RESEARCH INSTITUTE  
PARKINSON'S CAREGIVER SUPPORT GROUP**

**A VIRTUAL PLACE FOR DISCUSSION, EDUCATION,  
UNDERSTANDING**



**JOIN US ON THE FIRST AND THIRD THURSDAY  
OF EVERY MONTH  
FROM 11:00 TO 12:00**

**CLICK ON LINK TO JOIN ON ZOOM**

**[HTTPS://ZOOM.US/J/98581546908?pwd=WEU2RNBYNVBBUW4Z0XBZULHLZOVUZZ09](https://zoom.us/j/98581546908?pwd=WEU2RNBYNVBBUW4Z0XBZULHLZOVUZZ09)**

**MEETING ID: 985 8154 6908  
PASSCODE: Y1D7LS**

**WE LOOK FORWARD TO SEEING YOU!  
FACILITATED BY TESSA SWEEPE, LCSW**



**Banner.**

Alzheimer's Institute &  
Sun Health Research Institute

## JOIN US FOR COFFEE TALK!!



Anyone with Parkinson's disease and their family and friends are welcome to join in our weekly group discussions.

We meet every Friday morning from 10:00 to 11:00am

Click on the link below:

### **JOIN ZOOM MEETING**

<https://zoom.us/j/91976339867?pwd=bGpxSkxqNVh3dWpmR0RRRHhFK1h5QT09>

Meeting ID: 919 7633 9867

Passcode: Bu2HqZ

To join by phone, dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Passcode: 124391

Facilitated by Tessa Sweepe, LCSW at Banner Sun Health Research Institute

Questions call: 623-832-6530 or email: [bannerresearch@bannerhealth.com](mailto:bannerresearch@bannerhealth.com)





A patient's perspective on shared experiences navigating the PD journey

# PODCAST



## THE PARKINSON'S EXPERIENCE

Experts interviewed on topics including:  
Medication • DBS (Deep Brain Stimulation) • Exercise • Research • Nutrition • Patient Stories • and more!



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*"I don't let Parkinsons shake me up... don't let it shake you up."*

Never miss an episode. Listen and subscribe on any of these podcast platforms. It's easy.

1. Download the app to your mobile device (it may already be available)
2. Tap the search icon and search **"Parkinson's Experience"**
3. Tap on the logo to view the podcast
4. Tap on "Subscribe" and tap on the play button to listen

**The Parkinson's Experience pod...**

5.0 ★★★★★  
7 Ratings

2020  
Health & Fitness

**SUBSCRIBE**

The Parkinson's Experience is a podcast hosted by a Person with Parkinson's (PWP) and based on her daily experiences. Listen in on her journey living with the disease and how she lives her best life with humor, generosity, empathy and knowledge. Her conversations with experts and patients like you are fascinating and authentic. They cover relevant topics from DBS (Deep Brain Stimulation) to exercise to diet to medications to much more ...



Or listen here: <https://17branches.org/blogs/>



# What is PWR!®?

PWR! exercises are designed to target symptoms of Parkinson's disease;



**PWR! Fitness™**  
 Parkinson Wellness Recovery  
[www.pwr4life.org](http://www.pwr4life.org)

- Rigidity
- Bradykinesia
- Incoordination/balance automaticity

Banner Neuro Wellness West offers three levels of *livestream* virtual PWR! Fitness classes;

- PWR! Circuit
- PWR! Moves
- PWR! Up

## March 2021

Lectures/ Announcements	Mon	Tue	Wed	Thu	Fri	Class Descriptions
 <p>Join us for BNWW Online Zoom Livestream Exercise Classes!</p> <p><b>Monday Livestream Virtual PD Voice Class</b>                      10:00 am  <a href="#">3/1, 3/8, 3/15, 3/22 &amp; 3/29</a></p> <p><b>New—Livestream Virtual DBS Education and Resources Every 3rd Wednesday of the Month</b>                      11:00—12:00 noon                      Via ZOOM</p> <p><b>1st &amp; 3rd Thursday of each month - Join our PD Care Partner's Meeting</b>                      Join Zoom Meeting  <a href="#">https://zoom.us/j/919763398677</a>                      Meeting ID: 919 7633 9867                      Passcode: y1D7L5</p> <p><b>Every Friday - Join our Coffee Talk Parkinson's Support Group Meeting</b>                      Via Zoom</p> <p>Sign-up for our BNWW Quarterly Newsletter the "PD Challenger"  <a href="mailto:melinda.peterson-theobald@bannerhealth.com">melinda.peterson-theobald@bannerhealth.com</a></p>	1 10:00 am PD Voice Livestream Virtual Class Via ZOOM	2 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	3	4 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up PD Care Partners Zoom Meeting 11:00 am 12:00 noon	5 10-11 PD Coffee Talk Via ZOOM <a href="#">https://zoom.us/j/919763398677</a> <a href="#">pwr-b@sonstam/h/3d/WomR0</a> <a href="#">RRR-h@FK1h5Q1D9</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ	<b>Virtual PWR! Fitness</b> <b>PWR! Up</b> Seated group PD exercise class for those who need extra support and accommodations. This is a seated exercise class.  <b>PWR! Moves</b> Lower-to-moderate level PD specific exercise class. For those who can ambulate but need some support for various activities. Seated/standing class  <b>PWR! Circuit</b> Moderate-to-high level PD specific exercise class. For those who can ambulate without support and can work at a higher intensity. Participants may rotate to exercise activity stations during the class. This is a standing class.
	8 10:00 am PD Voice Livestream Virtual Class Via ZOOM	9 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	10	11 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	12 10-11 PD Coffee Talk Via ZOOM <a href="#">https://zoom.us/j/919763398677</a> <a href="#">pwr-b@sonstam/h/3d/WomR0</a> <a href="#">RRR-h@FK1h5Q1D9</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ	1-1 Zoom sessions Available for those who would benefit from a more individualized exercise session with an instructor. By appointment only.
	15 10:00 am PD Voice Livestream Virtual Class Via ZOOM	16 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	17 New—Livestream Virtual DBS Education and Resources Class 11:00 am—12:00 noon Via ZOOM Join Zoom Meeting <a href="#">https://us02web.zoom.us/j/912125979747</a> <a href="#">pwr-b@sonstam/h/3d/WomR0</a> <a href="#">RRR-h@FK1h5Q1D9</a> Meeting ID: 912 1259 7974 Passcode: DBS88RH	18 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up PD Care Partners Zoom Meeting 11:00 am 12:00 noon	19 10-11 PD Coffee Talk Via ZOOM <a href="#">https://zoom.us/j/919763398677</a> <a href="#">pwr-b@sonstam/h/3d/WomR0</a> <a href="#">RRR-h@FK1h5Q1D9</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ	*Application, Wellness Assessment, waiver and physician consent is required before beginning all PWR! Fitness programs.* Banner Neuro Wellness West Virtual PWR! Fitness class membership— March \$40.00/month BNWW 1:1 Virtual Sessions available— Contact BNWW at <a href="mailto:melinda.peterson-theobald@bannerhealth.com">melinda.peterson-theobald@bannerhealth.com</a> 3/22/2021
	22 10:00 am PD Voice Livestream Virtual Class Via ZOOM	23 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	24	25 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	26 10-11 PD Coffee Talk Via ZOOM <a href="#">https://zoom.us/j/919763398677</a> <a href="#">pwr-b@sonstam/h/3d/WomR0</a> <a href="#">RRR-h@FK1h5Q1D9</a> Meeting ID: 919 7633 9867 Passcode: Bu2HqZ	
	29 10:00 am PD Voice Livestream Virtual Class Via ZOOM	30 BNWW Virtual Classes 9:00 -9:30am PWR! Circuit 10:00-10:30 am PWR! Moves 11:00-11:30 am PWR! Up	31			