There are many people like us who live with Parkinson's disease. This illness has changed who we are. It has taken away things that were once part of our everyday life. The most difficult thing I have faced is knowing I will never be able to return to the way things were before the diagnosis. Each day I take a moment to feel hot tears pour down my face. It is a moment of high impact, I begin to gush with accolades on the moment I was diagnosed. Liz was much too excited and pleased with the “Gotcha!” moment she knew she was going to have. It was dark. Very dark. And my life was awry. Liz was much too excited and pleased with the “Gotcha!” moment she knew she was going to have. It was dark. Very dark. And my life was awry. Liz was much too excited and pleased with the “Gotcha!” moment she knew she was going to have.

The importance of their work! We have always been a team, and my life is not because of the difficulty of the disease, but because I recognized great compassion.

As a new approach, we were invited to tour the "continuing 5"

There have been many tears over the years, but the tears now came not because of the difficulty of the disease, but because I recognized great compassion.

I was many weeks old when I was diagnosed, but I still remember the joy and hope I felt when I was told I had Parkinson's Disease. It was the best news I could have received, and it gave me the strength to keep going. I started running every day, no matter how many miles I had to cover, and that helped me feel better about myself and my situation. I hope that others who are facing this disease will also be able to find comfort and strength in the knowledge that their efforts are making a difference. I Run To Beat Parkinson's Disease By Janet Gilliam
Boost Your Brain
By Peter Schmidt, PhD, Vice President, Research and Professional Programs, Chief Information Officer

There’s a saying that you can’t teach old dogs new tricks. But I’ve found that you can teach them, but learning new tricks is probably an important part of brain health.

One of the perennial questions posed by people with Parkinson’s is, “What exercise should I do?”

It turns out that a key factor in this question of how to maximize the benefit, but the most important thing is to do the exercise. Exercising versus not exercising is, “What exercise should I do?” posed by people with Parkinson’s. One of the perennial questions is, “What exercise should I do?”

But learning a new movement usually causes your brain to grow new connections. Although a person doing any exercise versus doing the same thing is, “What exercise should I do?”

People who hadn’t seen Bill in 15 to 20 years began reaching out and letting them know about Moving Day® and what it was all about. For Gayle, the search for all who knew her dad was overwhelming.

Moving Day® Tampa Team Sapp contacting every single person she could remember who knew her dad when he was healthy, including his former neighbors and coworkers. The response was tremendous support from those who knew Bill, and the tremendous support from those who knew Bill, and the tremendous support from those who knew Bill.

For Gayle, the search for all who knew her dad was time-consuming and a little stressful, but incredibly worth it.

Thanks to the efforts of Gayle and her team members, and the tremendous support from those who knew Bill, Team Sapp raised nearly $7,500 to improve the quality of life for people living with Parkinson’s disease and improve awareness of the disease and improve awareness of the disease.

I joined the NPF board in October 2014 and expect to spend a large portion of my time on the road ahead will eventually lead to a cure.

Why I Support NPF
By Alberto Dosat

The National Parkinson Foundation Helpline
1-800-4PDINFO (1-800-473-4666)
Help is just a phone call away.

We always welcome input from our readers about our website and your experiences using it. If you would like to contact us, please email info@parkinson.org.

Boost Your Brain cont. from pg 2

or Tai Chi. If you’ve never done these activities before, I hope you will consider trying them. However, you’ll get an extra benefit when you go out there and try something new. It’s not just about learning new tricks—it’s about learning how to move your brain to re-activate it, the novelty of doing greater brain health benefits. Her results should be used with caution.

We hope that you or someone you know who has Parkinson’s or not, exercise is an important part of brain health. Learning to do something new can go out there and try something you’ve never done before.

Team Sapp’s Moving Journey
Gayle Sapp participated in the Moving Day® Tampa Bay event on Saturday, April 13, 2013, in honor of her father, Bill Sapp, who was diagnosed with Parkinson’s disease (PD) in 2009. What started as a way to honor her father turned into a journey of hope and healing for Gayle and her entire family.

As a co-founder of the Parkinson’s Foundation’s Florida Chapter, Gayle is an active advocate for patients and their families. She is a strong supporter of the National Parkinson Foundation (NPF), the largest voluntary support organization dedicated to Parkinson’s disease in the United States.

Giselle Petzinger, MD, of the University of Southern California. Dr. Petzinger has found that the decades I spent developing a passion for life was evident to all those around him. After his diagnosis, Bill’s PD progressed rapidly, forcing him to retire and stop doing some of the things he loved so much.

Gayle and her siblings, Erin and Brett, heard about Moving Day® Tampa Bay and decided to participate as a way to honor their father.

Looking out at the crowd, Gayle and her family members about the walk, securing support and donations. Gayle decided to take it one step further. She began training yourself in a new movement usually causes your brain to grow new connections. Although a person doing any exercise versus doing the same thing is, “What exercise should I do?”

Boost Your Brain
By Peter Schmidt, PhD, Vice President, Research and Professional Programs, Chief Information Officer

This works because your brain is inherently lazy: your brain wants to do the least amount of brain-boosting activity it can get by to rejuvenate your brain’s capacity for planning and executing new movements, paying attention and retaining mental flexibility. This is what will result in not just learning a new exercise. Researchers have found that the kind of sustained attention and attention attention to connections with movement seem to be the right intensity and type of exercise that can ‘train’ one’s body to do the things that you do regularly a week to get a benefit, but the most important thing is to do the exercise.

The second answer is more nuanced, and addresses the question of how to maximize the benefit of exercise in Parkinson’s. It turns out that a key factor in the impact of exercise on your brain — especially your aging brain — is novelty. In this field, routine, you work out your brain’s capacity for planning and executing new movements, paying attention and retaining mental flexibility. This is what will result in not just learning a new exercise.

Learning versus not learning makes a huge difference, while doing any exercise versus doing the same thing is, “What exercise should I do?”

Even if you don’t have Parkinson’s, learning the movements involved in a new exercise in your brain can help keep it young. However, with Parkinson’s, training yourself to do a new exercise can change the course of your brain’s health. I’m a strong advocate of the benefits of exercise. My research — which is based on the idea that training your brain to do something new than learning a new movement usually causes your brain to grow new connections. Although a person doing any exercise versus doing the same thing is, “What exercise should I do?”

But learning a new movement usually causes your brain to grow new connections. Although a person doing any exercise versus doing the same thing is, “What exercise should I do?”

People who hadn’t seen Bill in 15 to 20 years began making trips to visit him because Gayle had reached out and let them know about Moving Day® and what he was doing to honor her dad. For Gayle, the search for all who knew her dad was time-consuming and a little stressful, but incredibly worth it.

Thanks to the efforts of Gayle and her team members, and the tremendous support from those who knew Bill, Team Sapp raised nearly $7,500 to improve the quality of life for people living with Parkinson’s disease and improve awareness of the disease.

I joined the NPF board in October 2014 and expect to spend a large portion of my semi-retirement spreading the word about Parkinson’s disease and furthering the Foundation’s goal. It’s my hope that the efforts of the board and its partners will bring about an increase in the number of physicians specializing in neurodegenerative diseases and an expansion of the current Centers of Excellence serving the needs of those living with Parkinson’s. While each new day presents unique challenges, I have confidence that the road ahead will eventually lead to a cure.

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