

## Welcome!

Welcome to this issue of the Neurofit Neuron. For our "Spotlight on" segment we interviewed Judy. Did you know that Judy had a book published all about her life as a nurse? Great read with some wild, funny stories! Read more about Judy in the Spotlight. Coaches Corner covers the importance of eating a healthy diet and how the food you eat affects your body. Techie whizz Bill has info on two phone apps that may be useful to you guys. One covers balance training and the other helps people with special speech issues. I'm sure if you

have any questions Bill would be more than happy to talk your ear off about either one.

Also, we welcome four new boxers to the group Jany, Rob, Marlyn and David. The word is getting out because you guys are such great advocates for the program. The more people we can reach, hopefully, the more we can help. So, a big THANK YOU!

And a big THANK-YOU to our volunteers who help the program run smoothly, we couldn't do it without them! Sandy, Kaitlyn, Kevin and Meghan, YOU ROCK!!

*Coach Heidi*

## Spotlight On Judy Free

### 1. Why Neurofit?

Neurofit is a complete exercise program for those experiencing neurological conditions. It includes cardio, balance, obstacle training, Pilates which includes core work along with strengthening exercise, and tailor-made boxing for people with varying abilities. The coaches are well certified in Parkinson's disease and complications. They also are experienced in teaching safety measures, fall prevention and

cognitive enhancement. In addition, the coaches are excellent in making accommodations for those who are experiencing health issues.

### 2. What was your reaction to being diagnosed with PD?

Fear, tears, and anxiety about my future. Concern about family members developing PD through a genetic connection, especially given my sister had died from Parkinson's the year before.

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## Assistive Tech

Ever have a hard time typing an email or any other document on a computer? Well if you use Windows 10 or above here's a neat trick.

1. Click the "Start" button and then click "Settings," designated by a gear icon.
2. Click "Time & Language."
3. In the navigation pane on the left, click "Speech." (I'm assuming you have a working microphone).

With speech-to-text turned on, you can use it to dictate into any window or field that accepts text. You can dictate into email, Notepad, search boxes, and more.

1. Open the app or window you want to dictate into.
2. Press Win + H. This keyboard shortcut opens the speech recognition control at the top of the screen.
3. Now just start speaking normally, and you should see text appear.

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Judy continued ...

### 3. Where do you find support?

My husband. Coaches and other participants at Neurofit. Some friends.

### 4. One piece of advice for newly diagnosed -

### Parkinson's patients.

Being physically active is highly recommended for individuals who have PD. You have two choices:

1. Just sit back and let PD happen, or ...
2. Help yourself by becoming active in programs like Neurofit, walking, running, bicycling, dancing, and other activities that will help you produce your own dopamine in

your brain.

### 5. How do you like to spend your free time?

I volunteer doing publicity for FUSION and create Liturgical Arts, Banners etc. for church.

Artistic creations, painting, drawing, sewing. Reading- mostly mysteries.

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## Coaches Corner

### ATP ...who?

Everyone seems to think humans are different in many ways, eye color, hair color, height, weight and personalities. But one thing never changes... we all need ATP for our bodies to function. Adenosine triphosphate (ATP) is the primary energy currency in cells and is needed for brain function, all cellular activity, DNA replication, regeneration and healing, collagen and elastin synthesis, neuro transmission, and of course, muscle contraction. As the skin is the largest organ of the body, it too requires massive amounts of ATP. Now, without getting into the fascinating realm of body energy systems (of which there are three), how ATP is stored and broken down and just the simple, amazing, awesomeness of the human body (all shapes, sizes and abilities) the simple way to ensure you have enough ATP for your needs is to eat a

healthy diet.

Why? Because glucose and other food molecules are broken down by the body to provide chemical energy in the form of...you've guessed it.... ATP and, since your ATP relies on food, it's in your best interests to eat quality sources of protein, carbs, and fats.

How do I do that?... I'm glad you asked... because here's some simple steps you can try...

1. Eat foods from all food groups because eating a variety of foods will help you get the energy, protein, vitamins, minerals and fiber you need to help you keep healthy.

2. Eat vegetables and fruits. They are packed with nutrients (antioxidants, vitamins, minerals and fiber) and will help you feel full for longer.

3. Eat whole grain foods like brown or wild rice, quinoa, oatmeal and barley. They are prepared using the entire grain so are full of fiber, protein and B vitamins.

4. Eat protein every day. This can include legumes, nuts, seeds, tofu, fish, eggs, chicken and lean red meat.

5. Choose a diet low in fat, saturated fat and cholesterol to reduce your risk of a heart attack and certain types of cancer.

6. Eat foods that are high in antioxidants (which are important for overall brain health) including brightly colored and dark fruits and vegetables.

7. Limit sugar intake. A diet with lots of sugar can have too many calories and too few nutrients.

8. Reduce salt and sodium to help decrease your risk of high blood pressure.

9. And most importantly, Balance the food you eat with physical activity.

Even though we are all different, we are also all the same. Your body

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### Coaches Corner continued ...

is an amazing machine and no matter where you are on this crazy journey called life, you owe it to your amazing, awesome, ATP guzzling, there's no stopping me now body, to be the most efficient it can be.

*Coach Heidi*

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## Medical News

One of the best tools for dealing with a neurological disorder may be sitting in your pocket or your purse. Modern cell phones are a powerful tool for assisting persons with a disability. Recently, two new apps appeared in the app stores on both Android and Apple phones. Relate, from Google, and Nymbl from Humana Health Care are great tools for aiding people with neurological conditions.

Relate is an app that learns your speech patterns and translates your spoken word into text or plays your speech back with a clear, synthesized voice. These abilities can be very useful for pasting text into other applications, communicating face-to-face, or using electronic assistants, such as, Amazon Alexa, Google Assistant, or Apple Siri. For more information go to Google's Relate accessibility page at: "<https://blog.google/outreach-initiatives/accessibility/project-relate/>".

Nymbl is a fall prevention app that is available for iOS (Apple) and Android. If you have Humana Health Care as part of your Medicare package you've already heard about this app. Initially I was skeptical; the quality of many healthcare apps is subpar, but this app is stable and well designed. Also, there doesn't seem to be any requirement for membership in the Humana system, just download it from your favorite app store.

Nymbl presents you with a daily set of balance drills -- many very similar to the ones that Cheryl and Heidi run us through. Along with the physical drill (like standing on one leg), Nymbl gives you a mental drills as well trying to distract your attention (remember Cheryl's flash cards?). The drills are varied from day to day and the app is solid (doesn't crash or freeze) and easy to understand. If you can't make it to NeuroFit, give Nymbl a try or just add it to your daily neuro fitness training. It will be 10 minutes well spent.

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## Closing Bits ...

The Neurofit Plus classes have started and so far, we've had great feedback. They are held on Fridays immediately after the Pilates Reformer class to help you work on cardio, functional exercises and balance. If you have any questions, ask Coach Heidi or Coach Cheryl for more details.

Just a reminder that the support group is now held the FIRST FRIDAY of every month. It starts at noon and is followed by the Friday class. The group is open to all boxers, spouses, family and caregivers. If you have any questions or ideas for future topics you would like to discuss please contact Kate or Scott.

We have an exciting workshop coming up in July. Sid Olufs from Tacoma Tai Chi and Qigong Wellness Center will be demonstrating the 24 form version of Tai Chi along with our very own boxer Bill. Tai Chi is great for flexibility, balance, helping prevent falls and reducing stress and anxiety. We'll be sending out an email with more details.

We have more plans for "Summer Fun" so keep your eyes peeled and we will share the information as we work it out.