

## Welcome!

Welcome to this issue of the NeuroFIT Neuron. As the seasons are changing and the dreaded rain has arrived, in the coach's corner we look at some ways to exercise indoors on days you are away from the studio. We also interviewed our incredible participant Margie for the Spotlight on segment. Margie is an inspiration to us every single week with her "get up and go" attitude and we love that she is part of the NeuroFIT family.

Our very own Bill will be discussing the 2023 World Parkinson Congress in Barcelona, Spain.

We also welcome Warren, Larry and our Longevity NeuroFIT sign holder Debbie to the gang. Debbie held our sign at the APDA walk that was held in Seattle at the beginning of

October. Debbie raised over \$1,000 towards the \$3,300 that NeuroFIT collected for the American Parkinson Disease Association. It was a nice sunny day for a walk, and we had a great turnout. Thank you to everyone who showed up or donated. You all did a great job!

The "End of summer" BBQ at Shelia and Bill's house was great fun with good food and great company. Mary Ellen (David's wife) made several pies that were a huge success and she has very kindly shared her Chicken Pot Pie recipe (page 3) with us. And finally, watch out for upcoming information about our Christmas party.

So, sit back, enjoy a hot chocolate in front of the fire and make sure you don't have a mouthful of drink while you read the joke on the last page. Sorry gang, just couldn't resist!! :-)

*Coach Heidi*

## Spotlight On Margie

### 1. Why Neurofit?

Because it's a group of my peers, all interested in the same thing -- staying active. And as the saying goes, living my best life and doing it with a group of great friends!

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

I was devastated! I remember the doctor saying, "It's not a death sentence". My retort was, "It is for

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## Assistive Tech

Looking for updates on the latest Parkinson's Disease developments? Consider subscribing to podcasts. There are many podcasting apps available for both Android and iPhone cell phones. Do you have Spotify or an Audible book player on your phone? You already have a podcast player installed!

Just use the podcast app's search feature to find programs related to Parkinson's Disease. Michael J Fox foundation, Davis Phinney foundation, and many others have podcasts. Many have weekly updates.

Popular podcast players are Google Podcasts, Apple Podcasts, and Pocket Casts. Just go to the app store on your phone.

Here's a tutorial on how to listen to podcasts:  
<https://discoverpods.com/how-to-listen-to-podcasts-guide-for-beginners/>

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**Margie continued ...**

me!". And the last 13 years have proved me wrong!

**3. Where do you find support?**

My family is my biggest support. Though low-key, because I don't often talk about Parkinson's. My

son is the most supportive. He thinks the NeuroFIT group is the best thing that ever happened to me.

**4. One piece of advice for newly diagnosed - Parkinson's patients.**

Stay active. I've been active most of my life, I know it's the one reason I

can say "13 years" and not say much about Parkinson's.

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

Most of my free time is spent in my huge yard. I have a greenhouse and like to propagate plants. I belong to a fuchsia group.

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## Coaches Corner

**Baby, it's cold outside ...**

Fall and winter can be a tough time for exercising with the weather getting wetter, colder, and days getting shorter, but this doesn't have to discourage you from keeping up with your exercise regime on the days you don't attend NeuroFIT.

Here are some ideas for you to consider and try that will keep you warm and dry (apart from the pool).

**Mall walking**

Walking is a great form of exercise. It's free and you can do it anywhere but if you want to stay warm and dry head to your local mall. Many malls open early just for this activity and

even have mall walking groups that meet on a regular basis. Clean and level surfaces as well as good lighting provide a safe walking environment. There is also easy access to amenities such as restrooms, benches, and vending machines if you have forgotten your water bottle. Walking groups are a great way to meet new friends and socialize.

**Indoor pool**

Swimming is a great non-weight bearing, full body workout. Swimming has many health benefits including heart health, muscle strength, flexibility, and stress reduction. Most pools offer programs for seniors as well as special rates. Pools can help with injury recovery as well as help to manage stress.

**In-home exercises**

From DVD's, on-line videos, to fitness apps, there are plenty of choices to choose from. Videos covering Yoga, Pilates, Tai Chi, and Cardio can all be found for free on YouTube. Coaches and teaching style varies greatly so choose wisely. If you want proven bonifide coaches, Longevita offers plenty of Zoom classes with our very own Coach Cheryl teaching Pilates Mat most days of the week. Longevita also offers a host of other classes, just ask at the front desk, or check it out online.

As always, please check with your doctor before starting a new exercise program.

*Coach Heidi*

## Medical News

**The 2023 World Parkinson's Congress – Why you should consider attending**

The 2023 World Parkinson's Congress (WPC) will finally occur in July 2023 in Barcelona, Spain, after a COVID-19 pandemic delay. For Person's with Parkinson's Disease (PWP), a caregiver, or a Parkinson's researcher, this is the world's premier Parkinson's Disease (PD) event, and you should consider attending. The WPC is the only PD event where Parkinson's patients can interact with scientists and researchers searching for a PD cure.

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## 2023 World Parkinson's Congress continued ...

The World Parkinson's Coalition sponsors the World Parkinson's Congress, the brainchild of Dr. Elias Zerhouni, a former head of the National Institutes of Health (NIH). Dr. Zerhouni proposed that the World Parkinson's Coalition bring together all persons whose lives were touched by Parkinson's Disease, including persons with the disease, caregivers, and doctors and researchers. The Congress's goal is to encourage cross-pollination of ideas and experiences to help understand, combat, and ultimately find a cure for Parkinson's Disease. The first WPC was held in Washington, DC, in 2002. It is held every three years and has been held in Glasgow, Scotland (2010); Montreal, Canada (2013); Portland, Oregon (2016); and Kyoto, Japan (2019).

What should you expect as a PWP or a caregiver? First and foremost, expect a very open, welcoming atmosphere at the Congress! As a 2016 WPC attendee, I was struck by all the programs and information available to a PWP. Events ranged from drum circles, meditation rooms, and diet courses to sophisticated research talks. The vital point is PWPs, and their caregivers are welcome to all events! There are exhibits from Big Pharma and small startups – and you are welcome to talk to any of them. No other event for the Parkinson's community allows this level of interaction with the people and companies working to cure this disease! And we are encouraged to tell our own stories. Film, poetry, and writing events show how PWPs and caregivers deal with this disease every day of their lives. The stories are both unique and uplifting!

A brief note about travel to WPC. The World Parkinson's Coalition is well aware that many people who have PD are already feeling financial stress. There are travel grants and reduced hotel rates available. Also, consider volunteering at the WPC. Volunteering waives your registration fees, and you will be entitled to free meals! So brush up on your Spanish and consider a trip to Barcelona, Spain, in 2023.

*Bill Clugston*

The Website for the 2023 Barcelona WPC Event (loads of PD info from past events as well!):  
<https://wpc2023.org/default.aspx>

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## Mary Ellen's Chicken Pot Pie

1/3 cup butter  
1/3 cup flour  
1/3 cup chopped onion  
1/2 tsp. salt (or I use \*Better Than Bouillon chicken base 1-2 tsp in place of salt)  
1/8 tsp. pepper  
1 3/4 cup Chicken broth  
2/3 cup milk  
2 cups cooked cut up chicken  
1 10 oz package frozen peas and carrots (I prefer using fresh cooked carrots)

Heat butter over low heat until melted, add onion and saute 5 min. Blend in flour, salt, pepper. Cook over low heat stirring constantly until mixture is smooth and bubbly. Remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and vegetables. Pour into a 9 x 9 x 2 inch baking dish. Cover with rolled out pastry for 9 inch pie, or use pre-made pastry. from the store. Cut slits in center to allow steam to escape.

Cook uncovered in 425 degree oven until crust is brown 30 to 35 min. Makes 5 to 6 servings

\* Better Than Bouillon can be found in the soup section at your local Store

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## Closing Bits ...

Judy and Ken have again offered to host our annual Christmas Party at their house. If you didn't receive the email with all the details, please see one of the coaches.

We have several speakers booked over the next couple of months discussing everything from medications to DBS. Keep an eye out for dates and times.

Coach Cheryl is in the process of conducting 6-month re-assessments and will arrange with you a day and time if yours is due.

And finally, here's the joke, so put down your drink, take a seat and...

"I went to a Mary Poppins themed restaurant last night.  
Super cauliflower cheese but the lobster was atrocious."

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