



# Beat PD Today

June 2019

Issue 2 No 6

## BPD Calendar

**June 1<sup>st</sup>**

Parkinson's  
Symposium, Wallingford

**July 1<sup>st</sup> -- 8am**

First BPD class in the  
new Parkinson's  
Center of CT, East  
Hartford

**July 4,5,6**

No BPD classes, all  
locations

**July 12<sup>th</sup> -- 7pm**

BPD Board of Directors  
Meetin

**July 13<sup>th</sup> -- 10am**

CAP Group Meeting,  
Parkinson's Center

**October 5<sup>th</sup> -- 6pm**

Parkinson's Gala, Aqua  
Turf, Plantsville, Details  
coming soon.

Gala 2017 sold  
out! See page 2  
for more details.  
This is an event  
you do not want  
to miss!



### Beat PD Today Joins Forces

Beat PD and Connecticut Advocates for Parkinson's (CAP) are partnering to form the Parkinson's Center of Connecticut. The two non-profits will move into a larger 3000 square-foot in the same building that exercise classes are already conducted...on Pitkin Street in East Hartford. The Center will be run as a joint partnership. The goal is to offer a "safe haven" for people with Parkinson's throughout Connecticut. Together, the two entities will create a supportive and caring environment and will offer a range of education, exercise, and healing programs that will sooth the mind, calm the spirit and strengthen the body.

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This affiliation provides an ability to coordinate activities and share resources to more effectively and efficiently further our common goal, helping those living with Parkinson's. Our goal is to empower PWP's to take control of their disease and to live happy and productive lives.

The PD Center will provide services such as group exercise classes, personal training, spinning, Tai Chi, Yoga, Dance, Reiki, Massage, Educational Presentations, Support Group Meetings, Board of Directors Meetings, Seminars and much more. It will also be the corporate headquarters for both CAP and BPD.

**No classes July 4,5,6. Enjoy the weekend!**

Join us in bringing awareness to friends and family. Join us at an event or LIKE us on [Facebook](#) or [Instagram](#).

# Gala for Parkinson's

## Summer Challenge

The BPD Summer Challenge begins July 1<sup>st</sup> for all BPDers that wish to participate. Challenging yourself can help your self belief and help you discover more about who you are. Sometimes a laser focus can produce great change. So join us in this summer's challenge. Just do it!

1. July 1<sup>st</sup>- pick an exercise, skill, or muscle group that you want to improve.
2. Send a short "before" video of your self doing the exercise before July 7th to [administrator@beatpdtoday.com](mailto:administrator@beatpdtoday.com)
3. Include with video your name, and pre-test score.
4. August 8<sup>th</sup>, send an "after" video with your score.
5. Everyone that improves their score by 10% will celebrate their success with other Beat PDers with a nice surprise.

Please contact BPD with any questions. Look on the web-site for all participants. We will be posting videos throughout the summer.

Think Strong  
Move Strong!  
Be Strong!

The Gala is the 4<sup>th</sup> biennial event sponsored by the Connecticut Advocates for Parkinson's. In 2017, proceeds were raised for wellness programs and research. This year, money is being raised for the new Parkinson's Center of Connecticut and will help lower fees for PWDs, purchase equipment for the facility and support educational seminars for members.

Jim Altman from Fox 61 will be the Emcee at the event and a live band, Cover2Cover, will be playing while we dance the night away. CAP is proud to announce the Aetna as our Presenting Sponsor.

At this time, we are looking for Silent Auction donations (Gift cards, jewelry, technological devices, weekends away, themed baskets, etc) and Sponsorships. As a Sponsor, you may receive tickets, advertising at the event and recognition in the program depending on the level of your donation. Please call Robin Downey at 860-463-6429 or Michelle Hespeler at 860-463-3747 or go to [www.parkinsonsct.org](http://www.parkinsonsct.org) if you need more information.

For donations, sponsorships or tickets please visit [www.parkinsonsct.org/gala](http://www.parkinsonsct.org/gala).



## A PWP Perspective –True Feelings by Anonymous

I asked a fellow PWP a few simple questions. Her answers are below. I would describe this woman as a very positive person with great energy and a optimistic attitude about her life. Then, I read her answers and had a change of heart.....

(1) How has PD changed your life?

*It made me aware that I am not invincible.*

*I now try to be aware of my limitations and honor them.*

2) What experiences/doctors/medications/eating plans/exercise/other have you found to help you?

*The best prescription to keep*

*symptoms quiet is lots of diverse and challenging exercise.*

*Medical marijuana allows me to relax and be happy.*

3) What words of wisdom could you share with a newly diagnosed person?

*Take one step at a time.*

*Everyone experiences PD in a different way.*

4) What has surprised you about this experience?

*I'm insulted by it. I'm angry that this diagnosis infringes on my wonderful life.*

*I am a courageous woman, and a strong survivor. I was never afraid of anything, until I was diagnosed with PD. It frightens me greatly.*

*PD menacingly lurks under my positive attitude. It's always there.*

5) What level of control do you feel over any symptoms you may have?

*(Long Pause) None*

This disease is not easy to live with. Even the best of us get taken down with it.

If you are a PWP and would like to be a part of this survey or submit a writing to this blog, please contact Michelle at [administrator@beatpdtoday.com](mailto:administrator@beatpdtoday.com) or 860-365-2878.

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”

– Mary Anne Radmacher

### What is Mind-Body?

Mind-Body is our new CRM system that tracks attendance, member accounts and payments, payroll and class schedules. Trainers have learned to use it and now we are ready to launch it to members. It is not required, but it will come in handy to check you payments and accounts, communicate with trainers and administration, look at the daily schedule of classes, who is teaching the class and much more. You can set it up to get alerts when classes are canceled or changed. [Click here](#) to get started by setting up your account.