

PFNCA Program Schedule

Winter, 2018



The Parkinson Foundation of the National Capital Area (PFNCA) improves the quality of life of those impacted by Parkinson's Disease, their Care Partners and families; it fosters a sense of community to ensure that no one battles this disease alone. PFNCA offers exercise, communication and education programs to strengthen the physical and emotional health of people with Parkinson's. These programs are provided at no cost beyond a nominal annual administrative fee, which can be waived for financial hardship.

PFNCA is a local independent charitable organization and is not affiliated with any of the many national organizations that focus on Parkinson's.

Announcements

- The PFNCA Symposium will be held March 24, 2018 in Falls Church, VA and Pikesville, MD. To view the agenda and register, please visit www.parkinsonfoundation.org.
- A new PFNCA Exercise for Parkinson's Program is now taking place in Brambleton, VA.
- A new PFNCA Boxing for Parkinson's is now taking place in Fairfax, VA.

How to Participate

Visit www.parkinsonfoundation.org, or call (301) 844-6510 or (703) 734-1017 to register.

You will receive a PFNCA program Name Badge to bring to each program you attend.

There are no prerequisite requirements unless otherwise noted in the program schedule.

You do not need to register for a specific program. Your PFNCA Name Badge is good for all programs you wish to attend.

Program schedule subject to change. Please visit www.parkinsonfoundation.org, or call (301) 844-6510 or (703) 734-1017 to verify schedule.

Parkinson Foundation of the National Capital Area (PFNCA), 8830 Cameron St. #201, Silver Spring, MD 20910; Phone: 301-844-6510; Website: www.parkinsonfoundation.org. Program Schedule subject to change. Visit www.parkinsonfoundation.org to verify schedule. PFNCA is a local independent organization and is not affiliated with any of the many national organizations that focus on Parkinson's.

Programs

Art of Moving: Designed to facilitate improved body movement using fun exercises. This program was created for people with Parkinson's who are challenged by movement limitations. The program aims to lessen symptoms and lead to a healthier and happier life. Since those who attend this program are further along their Parkinson's journey, a Care Partner is required to be present.

Boxing for Parkinson's: This spirited fitness program helps improve balance, cardio, coordination and strength. Through non-contact exercises, participants gain both a fitness benefit and a sense of com-radery with their fellow boxers. No boxing experience required. Boxing gloves are provided but participants may wish to bring their own.

Cardio Fusion for Parkinson's: Focus on exercises that can help improve endurance, muscular control, and balance. This program is a great fit for those who are confident on their feet as they will be guided through various walking patterns and dance-infused footwork combinations.

Climbing for Parkinson's: Brings people with Parkinson's together to participate in various rock-climbing activities to improve strength, muscle control and mobility. Held indoors under close supervision, this program also helps improve confidence. No climbing experience is necessary, and equipment is provided.

Choir: Uses voice exercises and song to strengthen vocal cords and lift spirits. No singing experience is required.

Communication Club: Establishes a wellness and prevention program for individuals with Parkinson's and their care partners, with a focus on maintenance of communication skills. Stresses the importance of speaking louder to be heard in social settings.

Dance for Parkinson's: This program provides a potentially transformative experience with the goal of improving mobility and providing strong social interaction. For many, the concept of graceful movements to music is enormously beneficial.

Energized Exercise for Parkinson's: Focuses on high-energy fitness experience, with an eye to improving mobility and strength.

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Exercise for Parkinson's: Participants take part in various physical exercises aimed at improving posture, balance and circulation, and increasing strength, muscle control and mobility. Various activities designed to engage participants mentally are also incorporated.

Functional Fitness for Parkinson's: Focus on exercises that can help improve mobility and reduce fall risk. This program welcomes those with balance and gait limitations as they will move through the exercises seated or standing with support.

High Aerobic Exercise for Parkinson's: Uses high-intensity exercises to improve mobility and strength. Program also includes high-cardio activities. Permission from physician not required but is strongly recommended.

Move BIG Basic: Designed to improve movement and balance and focus on the core exercises from the LSVT BIG program, great for those who need to hold on to a chair for safety with the standing exercises.

Move BIG Plus: Inspired by the LSVT BIG therapy program, designed to improve quality of movement, walking, strength and endurance. Prerequisite: LSVT BIG eight-week session.

Speak Easy: Speak Easy provides additional opportunities to practice and challenge your communication skills in a group setting. This program provides strength and support to its members as they have fun learning to be heard and understood in a relaxed setting. It too is facilitated by a healthcare professional with extensive knowledge in Parkinson's disease and is further supported by a Speech Language Pathologist who visits the group once a month.

Tai Chi for Parkinson's: Tai Chi is an internal Chinese martial art practiced for both its defense training and its health benefits such as improving balance and motor control. Many with Parkinson's find benefit from Tai Chi.

Yoga for Parkinson's: Designed to improve strength and balance through the practice of yoga.

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Program Schedule

Maryland

Bethesda

PFNCA Exercise for Parkinson's
Tuesdays 1:30 p.m. – 2:30 p.m.
In partnership with and held at:
Sunrise at Fox Hill
8300 Burdette Rd.

High Aerobic Exercise for Parkinson's
Mondays and Thursdays, 2:30 – 3:30 p.m.
Concord St. Andrews United Methodist Church
5910 Goldsboro Rd.

High Aerobic Exercise for Parkinson's
Wednesdays, 2:15 pm. to 3:15 p.m.
In partnership with and held at:
Fox Hill
8300 Burdette Rd.

PFNCA Speak Easy
2nd & 4th Fridays, 10:15 a.m. to 11:15 a.m.
In partnership with and held at:
Fox Hill
8300 Burdette Rd.

Bowie

Dance for Parkinson's
Saturdays, 10:30 – 11:30 a.m.
Bowie Senior Center
14900 Health Center Dr.

Chevy Chase

See PFNCA Exercise For Parkinson's and PFNCA Choir held at Chevy Chase Circle and listed under Washington, DC

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Columbia

Cardio Fusion for Parkinson's
Mondays, 11:30 a.m. – 12:30 p.m.
The Bain 50+ Center
5470 Ruth Keeton Way

Functional Fitness for Parkinson's
Fridays, 11:30 a.m. – 12:30 p.m.
The Bain 50+ Center
5470 Ruth Keeton Way

PFNCA Exercise for Parkinson's
Tuesdays, 2:30 – 3:30 p.m.
Vantage House
5400 Vantage Point Road

Gaithersburg

PFNCA Exercise for Parkinson's
Wednesdays, 2:00 – 3:00 p.m.
Asbury Methodist Village Wilson Health Care Center
301 Russell Ave.

Hunt Valley

PFNCA Exercise for Parkinson's
Tuesdays and Thursdays at 1:30
In partnership with and held at:
Under Armour Performance Center powered by FX Fitness
11270 Pepper Road

Kensington

PFNCA Communication Club
Wednesdays, 3:00 p.m. – 4:00 p.m.
In partnership with and held at:
Kensington Park Senior Living
3620 Littledale Rd.

Energized Fitness for Parkinson's
Thursdays 3:30p.m.- 4:30p.m.
In partnership with and held at:
Kensington Park Senior Living
3620 Littledale Rd.

North Bethesda

PFNCA Exercise for Parkinson's
Mondays, Wednesdays, Fridays 1 p.m.
Saint Mark's Presbyterian Church
10701 Old Georgetown Road
This program is held in memory of Stanford Hamburger.

Rockville

Boxing for Parkinson's
Thursdays, 1:00 -1:45 p.m. (Arrive 15 minutes early)
Made possible with support from and held at:
TITLE Boxing Club Rockville
10028 Darnestown Rd.

Yoga for Parkinson's
Thursdays, 1:00 – 2:00 p.m.
The Village at Rockville
9701 Veirs Dr.

Sandy Spring

PFNCA Exercise for Parkinson's
Mondays and Wednesdays 3:30 p.m.- 4:30p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Rd.
Sandy Spring, MD

Timonium

Yoga For Parkinson's
Saturdays, 12:30 – 1:30 p.m.
ACAC Fitness and Wellness Center
110 West Timonium Rd., #1D

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Virginia

Alexandria

Climbing for Parkinson's
Fridays, 10:00 a.m. – 11:00 a.m.
Made possible with support from and held at:
Sportrock Climbing Centers
5308 Eisenhower Ave.

PFNCA Exercise for Parkinson's
Tuesdays 10:00 a.m.- 11:00 a.m.
Inova Alexandria Hospital
4320 Seminar Rd. Room — Room HEC 1 and 2

Arlington

PFNCA Exercise for Parkinson's
Tuesdays and Thursdays 11:00 a.m.- 12:00 p.m.
This program is held in memory of Wilbur McBay
Cherrydale Baptist Church
3910 Lorcom Ln.

Brambleton

PFNCA Exercise for Parkinson's
Thursdays, 2:00 p.m. – 3:00 p.m.
In partnership with and held at
Onelife Fitness
42365 Soave Dr.

Fairfax

PFNCA Boxing for Parkinson's
Mondays and Thursdays, 3:00 p.m. – 3:45 p.m.
In partnership with and held at:
The Virginian
9229 Arlington Blvd.

PFNCA Communication Club
Thursdays, 11:30 a.m. – 12:30 p.m.
Inova Fair Oaks Hospital
3580 Joseph Siewick Dr. Conf. Rm. B

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PFNCA Communication Club
Wednesdays, 4:00 – 5:00 p.m.
In partnership with and held at:
The Virginian
9229 Arlington Blvd.

Move BIG Basic
Fridays at 11:00am
In partnership with and held at:
The Virginian
9229 Arlington Blvd.

Move BIG Plus Class
Tuesdays & Thursdays 11:00 a.m. – 12:00 p.m.
In partnership with and held at:
The Virginian
9229 Arlington Blvd.

Prerequisite: LSVT BIG four-week session.

The Art of Moving
Mondays, 11:00 a.m. – 12:00 p.m.
In partnership with and held at:
The Virginian Retirement Community
9229 Arlington Blvd.

Tai Chi
Mondays, 10:00 a.m. – 11:00 p.m.
Wednesdays 11:00 a.m. – 12:00 p.m.
In partnership with and held at:
The Virginian
9229 Arlington Blvd.

PFNCA Exercise for Parkinson's
Thursdays, 12:45 – 1:45 p.m.
Inova Fair Oaks Hospital
3580 Joseph Siewick Dr. Con. Rm. B

Falls Church

Boxing for Parkinson's
Wednesdays, 1:00 p.m. – 1:45 p.m. (Arrive 15 minutes early)

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Made possible with support from and held at:
TITLE Boxing Club Falls Church
450 N. Washington St.

Communication Club
Wednesdays, 10:30 a.m. – 11:30 p.m.
In partnership with The Kensington
700 W. Broad St

PFNCA Exercise for Parkinson's
Fridays, 10:30 a.m. – 11:30 p.m.
In partnership with The Kensington
700 W. Broad St

Leesburg

PFNCA Communication Club
Mondays, 11:00 a.m. – 12:00 p.m.
Inova Loudoun Hospital
44045 Riverside Pkwy. Conference Room

McLean

Communication Club
Tuesdays 2:00 p.m. to 3:00 p.m.
In partnership with:
Larmax Homes
8337 Lewinsville Rd.

Reston

PFNCA Exercise for Parkinson's
Mondays, 1:00 p.m. to 2:00 p.m.
In partnership with Onelife Fitness
11445 Isaac Newton Square S.

Springfield

Boxing for Parkinson's
Thursdays, 11:00 a.m. – 11:45 a.m. (Arrive 15 minutes early)
Made possible with support from and held at:
TITLE Boxing Club Springfield
6228 Rolling Rd.

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Sterling

Yoga for Parkinson's
Thursdays, 3:00 – 4:00 p.m.
Loudon County Cascades Senior Center
21060 Whitfield Pl.

Washington, D.C.

PFNCA Exercise for Parkinson's
Mondays, Wednesdays & Fridays
11:00 a.m. – 12:00 p.m.
Chevy Chase Presbyterian Church
1 Chevy Chase Circle (enter on Oliver St., NW)

PFNCA Exercise for Parkinson's
Wednesdays, 12:00 – 1:00 p.m.
Georgetown University Hospital
3800 Reservoir Rd., NW – Bles Bldg. #CG-12

PFNCA Communication Club
2nd & 4th Thursdays, 12:00 – 1:00 p.m.
Georgetown University Hospital
3800 Reservoir Rd., NW – Bles Bldg. #CG-12

PFNCA Choir
Wednesdays, 12:15 – 1:15 p.m.
Chevy Chase Presbyterian Church
1 Chevy Chase Circle (enter on Oliver St., NW)

Important Information

- It is recommended that you consult your physician prior to starting any new exercise program.
- If you use a walker, cane or other device to support you, please bring this item to the programs you attend.
- If a home health aide supports you, that aide must attend programs with you.
- Once you complete the annual registration, you will be provided a name badge and lanyard. Your program instructor will document your session attendance using a code on the badge.
- Every year in January, you are required to renew your program registration.

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- Your safety is important. PFNCA follows local school jurisdictions relating to the cancellation of programs due to inclement weather.
- Program schedule subject to change. Please visit www.parkinsonfoundation.org, or call (301) 844-6510 or (703) 74-1017 to verify schedule.

Support Groups

PFNCA is proud to help facilitate a network of more than 40 area support groups. For a list of support groups, please visit www.parkinsonfoundation.org. Because these groups have different focuses, you may find it helpful to speak with the support group facilitator to get a sense of their group's focus. Some questions you may want to ask include:

1. How would you characterize your group and what is the primary purpose of your group?

2) What is the average number of years your group members have been living with Parkinson's?

3) What have some of your recent discussion topics been?

4) Does your group have participation limitations due to the size of your meeting location?

Walk Off Parkinson's

Walk Off Parkinson's is a free family-friendly walk and fundraising program to support those in our community impacted by Parkinson's Disease. The program is held each fall at Nationals Park in Washington, D.C. and includes:

- Leisurely self-paced walk ending with a victory lap on the field at Nation
- Demonstrations of activities that help people with Parkinson's such as exercise, yoga, dance and boxing. Lectures by Neurologists/Movement Disorder Specialists.
- Children's activities.
- Information about resources available for those impacted by Parkinson's.
- The opportunity to take photos in the dugouts at Nationals Park.

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- Ask a Specialist Area: Talk one-on-one with from physical therapists, speech therapists, occupational therapists and social workers and get your questions answered.
- Those who raise a minimum of \$2,500 can bring three guests take **batting practice** in the batting cages behind the Nationals dugout and adjacent to the clubhouse during the event. If you raise \$125 or more, you receive the 2017 Walk Off Parkinson's t-shirt.
- An inspirational gathering to show those with Parkinson's that they do not face this relentless disease alone.

You are invited to organize a team of family members, friends, co-workers and others for this great program.

PFNCA Symposium

PFNCA's educational conference — the PFNCA Symposium — is held annually each Spring. It is an inspirational gathering for those facing Parkinson's and their care partners. Symposium lectures and breakout sessions are presented by movement disorder specialists, neurologists, neurosurgeons and health educators.

The PFNCA Parkinson's Pointers Lecture Series

The PFNCA Parkinson's Pointers Lecture Series features people gathering in various locations for a presentation, and question and session by a physician or other person that specializes in Parkinson's. Powerful practical information is shared in a positive setting. Lectures are live streamed to the locations and refreshments are served. To learn more and learn when the next lecture is scheduled, please visit www.parkinsonfoundation.org.

Partners

The Parkinson Foundation of the National Capital Area partners with Senior Living Communities and fitness organizations that are committed to providing programs and resources for those facing Parkinson's Disease. These organizations are also committed to providing education for their staff members about Parkinson's so they can best serve those diagnosed with the disease.

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Senior Living Community Partners

Silver Level Partner

The Virginian



9229 Arlington Blvd.
Fairfax VA 22031
(703) 385-0555
<http://www.thevirginian.org/>

Orange Level Partners

Brooke Grove Retirement Village



18131 Slade School Rd.
Sandy Spring, MD 20860
301-260-2320
<http://www.bgf.org/>

Larmax Homes



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PO Box 59664
Potomac, MD 20859
855-735-9900
<http://www.larmaxhomes.com/>

Foxhill Residences



8300 Burdette Road
Bethesda, MD 20817
240-200-4598
<http://www.foxhillresidences.com>

Kensington Park Retirement Community



KENSINGTON PARK
A Senior Living Community

3620 Littledale Road
Kensington, Maryland
301-946-7700
<http://www.kensingtonparkseniorliving.com>

The Kensington Falls Church



700 W Broad St.,
Falls Church, VA 22046
Phone:(703)-992-9868
<http://www.thekensingtonfallschurch.com>

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Sunrise at Foxhill



8300 Burdette Road
Bethesda, MD 20817
301-968-1800

<https://www.sunriseseniorliving.com/communities/sunrise-at-fox-hill/overview.aspx>

Fitness Partners

Sportrock Climbing Centers



5308 Eisenhower Ave.
Alexandria, VA 22304
(703) 212-7625
<http://www.sportrock.com>

Onelife Fitness- Reston and Brambleton



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11445 Isaac Newton Square S.
Reston, VA 20190
(703) 904-7600
<http://www.onelifefitness.com/gyms/reston>

42365 Soave Dr.
Brambleton, VA 20148
(703) 774-9500
<http://www.onelifefitness.com/gyms/brambleton-va>

TITLE Boxing Club



450 North Washington Street,
Falls Church, VA 22046
Phone: (703) 992-6888
<http://www.titleboxingclub.com/falls-church-va>

10028 Darnestown Rd.,
Rockville, MD 20850
Phone: (301) 637-9360
<http://www.titleboxingclub.com/rockville-md>

6228 Rolling Rd.,
Springfield, VA 22152
Phone: (703) 644-2582
<http://www.titleboxingclub.com/springfield-va>

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Medical Advisory Board

PFNCA's work is guided by its Medical Advisory Board, which consists of leading physicians specializing in Parkinson's Disease. These physicians volunteer their time to ensure that PFNCA programs are providing evidence-based support for patients. They also volunteer as speakers at various PFNCA educational programs.

Dr. Howard Weiss, Chair
LifeBridge Health Brain and Spine Institute
2411 W. Belvedere Ave. #202
Baltimore, MD 21201
410-367-7600

Dr. Nicole Dietz
Neurology Center of Fairfax
3020 Hamaker Court # 400
Fairfax, VA 22031
703- 876-0800

Dr. Aviva Ellenstein
George Washington University
22nd & I Street, NW 7th FL
Washington, DC 20037
202-741-2700

Dr. Drew Falconer
INOVA
1500 North Beauregard St., #300
Alexandria, VA 22311
703-845-1500

Dr. Pritha Ghosh
George Washington University
22nd & I Street, NW 7th FL
Washington, DC 20037
202-741-2700

Dr. Stephen Grill (Founding Chair)
Parkinson's and Movement Disorders Center of Maryland
8180 Lark Brown Rd. #101
Elkridge, MD 21075
443-755-0030

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Dr. Christopher Kalhorn
Georgetown University
3800 Reservoir Road, NW 7th Floor
Washington, DC 20007
202-444-2000

Dr. Zachary Levine
National Capital Neurosurgery
3202 Tower Oaks Blvd., #300
Rockville, MD 20852
301-718-9611

Dr. Codrin Lungu
National Institutes of Health
10 Center Dr.
Bethesda, MD 20892
301-402-0976

Dr. Karl Maki
Annapolis Neurology Associates
122 Defense Highway #1500
Annapolis, MD 21401
410-266-9694

Dr. Zoltan Mari
Cleveland Clinic Lou Ruvo Center for Brain Health
888 W. Bonneville
Las Vegas, NV 89106
702-483-6000

Dr. Fernando Pagan
Georgetown University
3800 Reservoir Road, NW 7th Floor
Washington, DC 20007
202-444-2000

Dr. Greg Pontone
Johns Hopkins Morris K. Udall PD Research Center
600 N. Wolfe St, Phipps #300
Baltimore, MD 21287
410-502-0477

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Dr. Sean Rogers
INOVA
1500 North Beauregard St., #300
Alexandria, VA 22311
703-845-1500

Dr. Joseph Savitt
University of Maryland School of Medicine
110 S. Paca Street, 3rd Fl.
Baltimore, MD 21201
(410) 328-4323

Dr. Linda Sigmund (retired)

Dr. Randy Stephenson
Neurology Center of Fairfax
3020 Hamaker Court # 400
Fairfax, VA 22031
703- 876-0800

Dr. Frederick Rainer Von Coelln
University of Maryland School of Medicine
22S. Greene, N4W46
Baltimore, MD 21201
410-328-4323

One of the Best

PFNCA has been named one of the best by the Catalogue for Philanthropy, a non-profit organization that independently reviews small charities with budgets of \$3 million or less.



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Amp

Amp is PFNCA's mascot. He travels all throughout the region to share information to help those facing Parkinson's live well. He highlights the importance of exercise, speaking louder and learning. You can learn more about AMP by visiting www.amp1.org. To receive a free Amp baseball card please send a self-address stamped envelope to Amp Baseball Card Offer, PFNCA, 8830 Cameron St. #201, Silver Spring, MD 20910. This fun card is great for your grandchildren, children or even yourself!



Ways to Give

PFNCA relies on donations from individuals, corporations and foundations to provide its programs and services. PFNCA does not receive funding from Federal, state or local governments or any national organizations that focus on Parkinson's. Your donation is a great investment. 84 cents of every dollar spent by PFNCA is spent on program related activities. Thank you for your consideration in giving generously to PFNCA. Ways to give include:

Donate Online: visit www.parkinsonfoundation.org and click green donate button.

Donate by Mail: spend your check payable to PFNCA to PFNCA, 8830 Cameron St. #201, Silver Spring, MD 20910

Donate Securities: By making a gift of stocks, bonds or mutual fund shares to PFNCA, you can claim the full appreciated value of the Securities as a charitable contribution and avoid the capital gains taxes, if relevant. This is especially worthwhile if you have owned the securities for a long period of time and/or if they have appreciated a large amount. For more information, please contact PFNCA President & CEO Jared Cohen at (301) 844-6510.

Planned Giving: With a planned gift to the Parkinson Foundation of the National Capital Area (PFNCA), you can combine your desire to provide support for charities that

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are important to you and your family with your overall financial, tax, and estate planning goals. Your planned gift gives you a special connection not only with PFNCA, but with the thousands of people with Parkinson Disease and their caregivers that the organization supports each year. If you wish to remember PFNCA in your will, be sure to include the organization's full name and federal identification number: Parkinson Foundation of the National Capital Area (EIN # 54-2048636), which will help ensure that your bequest is properly distributed. For more information, please contact PFNCA President & CEO Jared Cohen at (301) 844-6510.

Be a PFNCA Champion — Host an event or fundraiser for PFNCA or organize a Personal Online Fundraising campaign: Has someone you love been impacted by Parkinson's disease? Has PFNCA touched their life and given them support. We provide you with everything you need to develop a fundraising campaign in support of PFNCA in honor of a loved one, to celebrate birthdays, in memory of a loved one, or even to celebrate exercise as a tool to slow Parkinson's. To learn more, please contact PFNCA at (301) 844-6510.

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Notes

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