

THE RAP SHEET

The latest news from Rally Against Parkinson's

June 2020



www.rallyagainstparkinsons.org

Our Mission

Rally Against Parkinson's is striving to be a resource for excellence in education, exercise, wellness and camaraderie for people living with Parkinson's.

Upcoming RAP Events

Due to the COVID-19 stay-at-home orders, all spring RAP events were cancelled or postponed, including the golf tournament, which we will reschedule for June 2021. Here are some upcoming dates for summer and fall. We have our fingers crossed!

Music on Main

Rescheduled for August 22, 2020
Bel Air Armory
Come hear local bands in a showcase of music! Tickets available at www.rallyagainstparkinsons.org

3rd Annual Bull Roast

November 21, 2020
Boumi Temple
Watch for ticket information this summer!



Better Breathing for Better Health

A recent article in *The Wall Street Journal* advised that your breathing technique has a lot to do with your health. The writer cited several doctors who concurred that for better health, we should concentrate on breathing through our nose only – skip the mouth breathing.

The way we breathe is as important as our balanced diets, exercise and gene pool, the article notes. Inhaling for five seconds and exhaling for as long as possible from your nose can help you to slow your breathing to about six breaths per minute. This not only relaxes the body and helps quell anxiety, it has other physical benefits. If done consistently, proper breathing also can:

- Protect the lungs from irritation and infection
- Boost circulation to the brain and body
- Drop blood pressure as much as 10-15 points
- Reduce the incidence of dental cavities
- Help minimize snoring
- Allow you to take in 18 percent more oxygen than mouth breathing

The nose knows!

Thank you to Debbie Umbarger, personal trainer and RSB certified coach, for sharing the WSJ article!

Source: "Doctors Who Study Breathing Say that the Vast Majority of Americans Do It Inadequately" by James Nestor, *The Wall Street Journal*, May 21, 2020.

Quote of the Quarter

"What a bargain -- \$19 a month to belong to a health club and free RSB and Yoga for us! Thank you, Dennis Coady of Forest Hill Health + Fitness!"

Joel Eissinger, RSB participant

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President's Corner



Hello, everyone!

I hope this correspondence finds you healthy and happy, despite the challenges we've all faced in the last few months with the COVID-19 virus. As we begin to get back to some sense of normalcy, please remember to do what's best for YOU and your health when it comes to the choice of going out or staying at home. If you need resources or help related to your Parkinson's, please contact us at RAP. We're here for you!

Thank you to all who participated in our telephone survey. It was good to hear your feedback and even better to talk with you personally. I think we all made some new friends in the process.

RAP is delighted to announce the endowment of several grants totaling \$15,000. These come from the Harford County Grant-in-Aid Foundation, the Small Business Administration and the Corona Virus Relief Fund. Donations directly support people with Parkinson's in Harford County by providing resources for living well with PD.

If you think you've seen or heard RAP in the news these past months, you're not imagining it. Check out "Where We've Been" in this issue for highlights of RAP's publicity. We're working hard to get the word out!

Lastly, our updated calendar of events is on the front page, and the fitness schedule for classes through Forest Hill Health + Fitness is on page 3. Keep moving! We hope to see you soon!

Sincerely,

Steve Sappington, President
Rally Against Parkinson's – Harford Inc.

Center Ring Spotlight

Fighter of the Quarter

Jeffrey Bonner

Jeffrey Bonner was diagnosed with Parkinson's Disease in summer 2019, after being misdiagnosed for years. Surgeries for other ailments resulted in some new physical and cognitive difficulties, and he was diagnosed as bi-polar. The medication he was given was wrong because of his Parkinson's. When he got the word about PD, he says he was relieved. "When I finally did get the diagnosis, my doctor recommended Rock Steady Boxing, and I also heard about it at the McFaul Center, so I decided to try it out," Jeffrey says.

He retired from his career as a senior program manager at a government agency because of the physical and cognitive challenges he was experiencing. Jeffrey says the PD was causing his organizational skills to deteriorate and he was having difficulty speaking. "The boxing classes help me to get moving and get out of the house." He says he likes the aerobics and stretching in Debbie's class and the running, strength and cognitive aspects of Tyler's class. In addition to RSB, Jeffrey plays pickle ball at the Churchville Recreation Center and swims. "Swimming involves the whole body and it helps with the rigidity," he says. From all of these activities, Jeffrey's biggest take-away is – you got it-- the camaraderie!



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Where We've Been

You may have seen or heard RAP being talked about in the media. Those weren't hallucinations! Here are some ways we got the word out about RAP:

Harford Cable Network – “Harford Maga-Scene” – 4-minute spot with Kristy Breslin interviewing RAP members about the importance of exercise during COVID-19 crisis. 60-second public service announcement by RAP president Steve Sappington.

The Aegis – We “rapped” up April as Parkinson's Awareness Month with an advertisement in the April 30th issue of the local newspaper.

The Baltimore Sun Online – Our ads went digital on the Baltimore Sun website. They were rotated throughout the site for two weeks.

WXCX Radio – 103.7 – Public service announcements and advertising ran the last week of April and the first two weeks of May in all dayparts. We also appeared on the WXCX website.



FITNESS CLASS SCHEDULE

Virtual Boxing Classes

Days: Tuesday and Thursday

Time: 1:00 – 2:00 p.m.

Instructor: Debbie

Access: Zoom meeting # 199-031-364; Password: 021007 or Join Zoom Meeting

<https://us04web.zoom.us/j/199031364?pwd=YmhFS2hOa1FYbUVNdjgzcnRGb2N6QT09>

Outdoor RSB Classes at Forest Hill Health + Fitness - Reserve Your Spot, Space is limited!

Text Dennis at 410-371-0898

Rock Steady Boxing:

Days: Monday and Wednesday

Time: 6:40-7:40 p.m.

Movement with Balance:

Days: Monday, Wednesday, Friday

Time: 9:00-10:00 a.m.

Yoga:

Days: Sunday

Time: 9:30-10:30 a.m.

For information or to donate, contact:

Steve Sappington, RAP President

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Bel Air, MD 21014

Phone: 443-619-1378

EMAIL: steve@rallyagainstparkinsons.org

Or visit the RAP website at

www.rallyagainstparkinsons.org

Facebook: Rally Against Parkinson's