



THE RAP SHEET *Lite*

The latest news from Rally Against Parkinson's

JUNE 2020

HELPING HANDS NEEDED

RAP is moving full-steam ahead planning our summer and fall fundraising activities, but we need volunteers! The specific jobs available are listed below. Please contact Sally at sally.rapharford@gmail.com to sign up or learn more.



August 22 - Music on Main – The Bel Air Armory

- Set up – 5 – 7 p.m. – setting up tables, chairs, refreshments and event preparation
- Performance - 7 – 9:00 p.m. – running the 50/50 raffle, ticketing, concession stand
- Clean up – 9– 10 p.m. – breaking down tables, chairs, and general venue clean-up

September 4 – Bel Air First Fridays

- Staff ticket tables and beer and wine garden tables – 4:30 p.m. – 8:00 p.m.
- 15 volunteers are needed in order for us to receive 100 percent of the event's tip money. Volunteers must be 21.

Ongoing and EASY

Help by using your buying power to benefit RAP. When you buy at Amazon.com, go to the top of the screen and click on "Amazon Smile." Enter "Rally Against Parkinson's" in the Charity space, and a portion of all your future purchases will be donated to RAP.

IN THE NEWS

Rock Steady Boxing Classes Resume – Forest Hill Health + Fitness has re-opened! Classes are scheduled on a weekly basis, so watch their Facebook page each week. Current RSB classes are M, W at 6:40 p.m. Movement and Balance classes are M, W, F at 9:00 a.m. Requirements for returning members: must wear a mask if not working out; temperature taken upon entry; clean all equipment before and after use – you touch it, you clean it; maintain social distancing.



Virtual Boxing Classes – RAP will continue to offer virtual boxing classes using Zoom on Tuesdays and Thursdays at 1:00 p.m. through the end of August. Classes are led by instructor Debbie Umbarger. Contact lisa@rallyagainstparkinsons.org for meeting codes.

YOUR HEALTH

NextStride – This new retrofit device that assists in freezing of gait is now available for people with Parkinson's. The innovative product combines the rhythmic audio cues of a metronome with the visual cues of a laser pointer. Sensory cues have been shown to reduce the frequency and duration of freezing episodes and help prevent falls. By coupling the two types of cues, the device has been successful in helping to break freezes. The NextStride unit attaches to canes, walkers and walking poles. While the current product is not designed to be strapped to a belt loop for those without assistive devices, the company says such a product is in the development stages. NextStride has a 30-day money-back guarantee policy and a one-year warranty. It is available for \$349 at www.deorodevices.com.

