

Tulipa 'Doctor James Parkinson'

If you have
Parkinson's
....this is
your flower

And this is your month.....

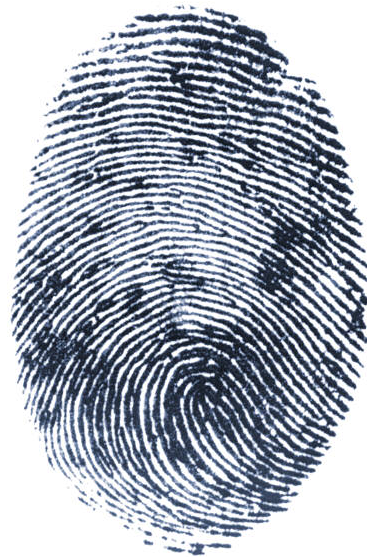


Caring for the Parkinson Patient





Although there are common denominators in Parkinson's, each patient has his or her own PD fingerprint of symptoms.



Although there are common ways to be great care partners, each caregiver has his or her own fingerprint too.



Some Partners have been dealing with
PD challenges for many, many, years.

Presidents have come and gone.....



Roosevelt

Some PDers, have just been diagnosed.....they are part of the new and newer generations of treatments strategies.





**Remember,
no one's life
is a
photograph
of your
own.... You
are
unique....**

*just like
your
fingerprint*

Exercise



Exercise

**Your
Rights**

To Better Care for.....

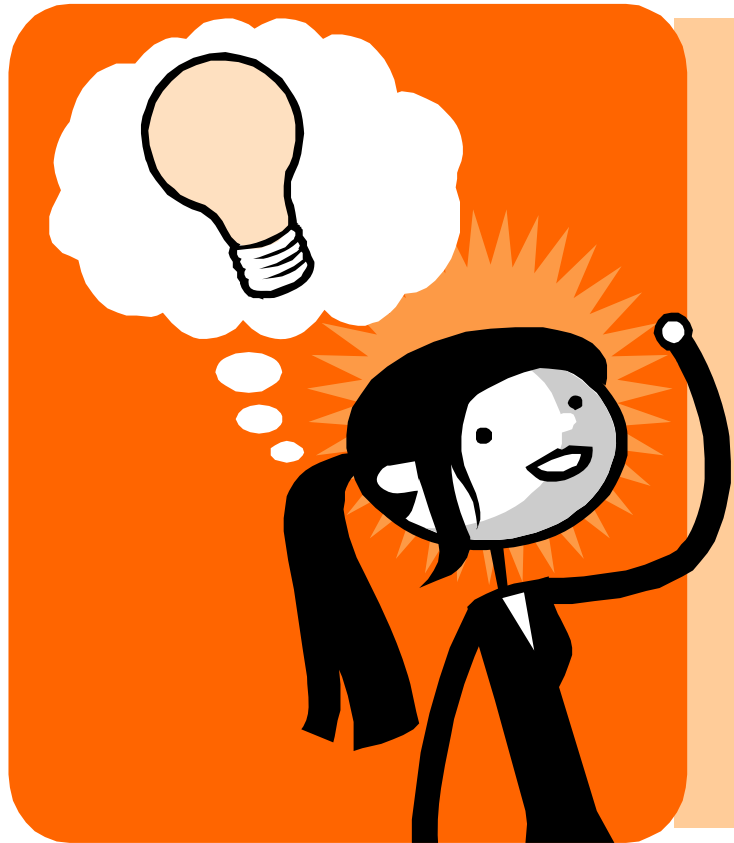
- Your Body
- Your Mind
- Your Spirit

Exercise

Your Body Rights

There is strong evidence that with exercise (*appropriate for you and with your doctor's approval*), you should improve your mobility, flexibility, balance, and sense of well-being....and *may* actually **slow the progression** of Parkinson's. And the side effects should all be good ones if done correctly.

John Argue's "PD and the Art of Moving"



- **Ventura**
- **Free**
- **Fun**

Exercise

Your Mind...rightfully so...

Get Knowledge.....

Learn about the PD meds....

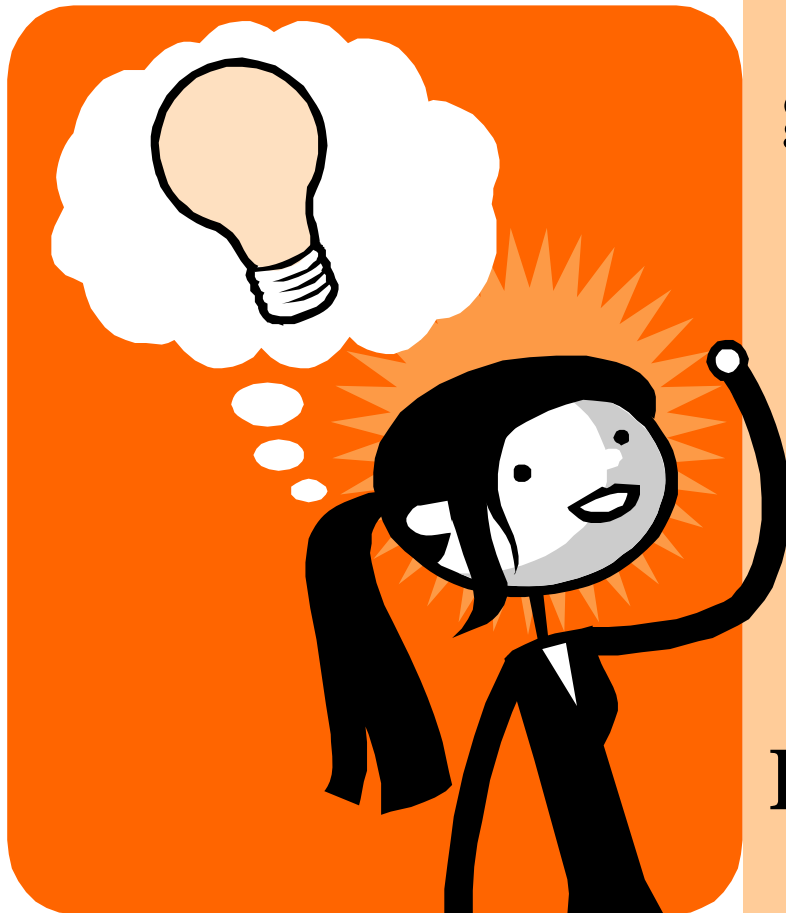
Learn to communicate for better
care.....

Learn at Seminars....

Learn at Support Groups....

*Get Knowledge for Knowledge is
Power*

Attend a good Support Group(s)



Caregivers.....attend a group....learn how to be a successful partner...learn the rules of “smart” care partnering.

PDers...learn some tricks of the trade.

Be aware of and learn how to access resources.

Exercise

**Your Spirit...adopt the right
attitude**

BODY exercise will improve your spirit.

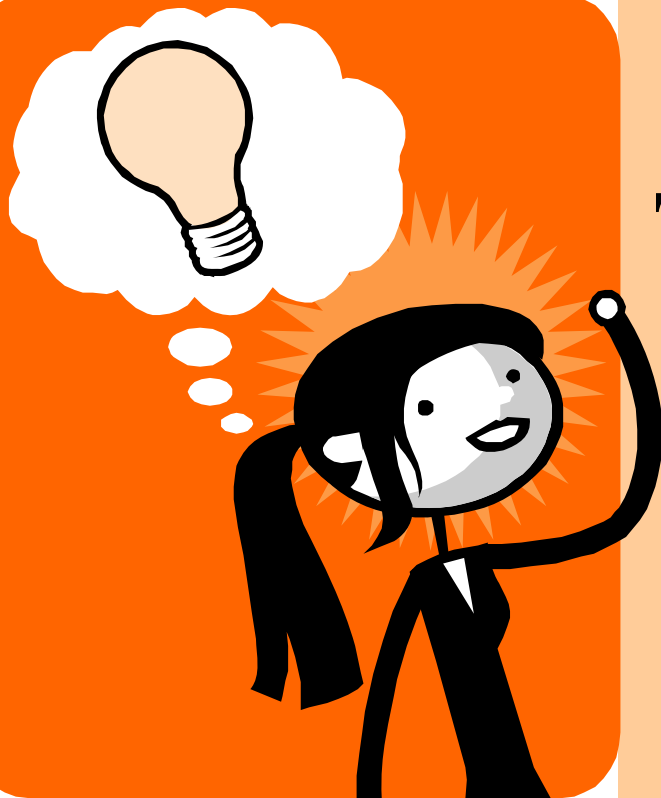
MIND exercise will relieve your spirit.

And as your spirit is refreshed, your
tolerance, attitude, endurance and hope
will grow.

Stay in touch with your spiritual belief...it
does take exercise.

It's all connected!

Refresh your Spirit



Produce endorphins...

Stop with the guilt already!

**Tackle depression....depression
no longer is a dirty word.**

**Focus on Hope...that produces
some great**

**chemicals...environmentally
friendly ones...with positive
side effects.**

A dramatic sunset or sunrise over the ocean. The sky is filled with large, billowing clouds in shades of orange, red, and purple, with the sun low on the horizon creating a bright glow and rays of light. The ocean below is a deep blue with gentle ripples.

**Exercise Your Rights to a Better Quality
of Life...whether you are tackling PD yourself
or you are a Care Partner...
*So Let's Hope Together!***