

EXERCISE

EXPERTS AGREE:

The only predictable things about this disease is that it is unpredictable. The experience of living with Parkinson's over the course of a lifetime is unique to each person. Symptoms and progression vary from person to person. It is a life-changing illness.

John Ball: A Competitive Individual with PD who runs long and hard

"I've done 25 marathons, nearly 50 half-marathons and one ultra-marathon run (31 mi.) in the high desert of the Mojave. I just finished what will probably be my last half-marathon, since it now takes me longer to do the half than it used to do the whole thing. I turn 78 next week and it's getting hard to put in enough training miles . . . plus the pandemic hasn't helped."

- John Ball, April 10, 2022

John Ball wrote "Living Well, Running Hard: Lessons learned from living with Parkinson's disease." John wanted to share with others what he learned after a diagnosis of Parkinson's disease just before he turned forty. Already a recreational runner, he started thinking about long distance running. John and his wife Edna have for years been leaders of Team Parkinson in California for the Parkinson Alliance, raising funds for research. The book was published in 2005; there are later editions. Below is a quote from his book.

"Life continually forces us to make choices, to compromise on *this* in order to achieve *that*. As we age we all face a recurring challenge: to learn how to set reasonable limits, without forfeiting or compromising our remaining potential."



Leah Rosenheck Labrador, John Ball, Edna Ball, Justine Rosenheck Lassoff
Team Parkinson Fundraiser, Los Angeles, March 2012



Kevin Riley & Don Dotts



Billie Whitener, Linda Solomon, Bill Solomon

Kevin: Exercise - MANDATE IT!

If there's something that should be mandated, it's 30 minutes of exercise daily. Here's just a few benefits: better conditioning, less chance of becoming diabetic through a sedentary lifestyle, more vitamin D when you're outdoors. There's no real cost, and you can do it in your own time.

I enjoy hiking and walking. It's outdoors, you're getting vitamin D, you get fresh air and you don't need a mask. You even see people smiling!

I spent almost 30 years sitting at a keyboard getting a middle-aged paunch. When someone suggested walking the Camino de Santiago, the seed was planted. I trained for at least a year, planning to walk 12 miles a day. I'm probably in better shape at 62 than I was at 52. All due to walking and hiking. Even when I'm playing golf, I still walk and pull a cart. Side benefit: I've met some interesting people along the local trails!

If you're physically limited, you can still do stretching exercises or tai chi. Spend time outdoors. Any sort of physical activity is preferable to sitting around or locking down.

- Kevin Riley



West Side Tremble Clefs in Concert, March 2022



Dave Briscoe



Kathy Ames

Judi: What Tremble Clefs means to me

I just love the ability to answer this question because being a part of a Tremble Clefs choir means just about everything to me! Having been diagnosed with PD about 4 1/2 years ago and with Covid-19 in the mix, the past 2 1/2 years discovering and joining Tremble Clefs was a real God-send for me as I wasn't doing much socially. This has become a beacon of light for me, getting to know others who have the same disease as I do and watching not only their struggles but their triumphs as well has greatly helped me along this pathway.

The singing and the breathing exercises have been a real bonus, too. With a fearless and devoted leader like Sun Joo Lee who can help but benefit from all of the wonderful attention given to us? Her loving devotion to us as a group in the West Side Tremble Clefs is palpable. And thanks to those interim directors who have so skillfully taken charge while Sun Joo pursues a PhD out of state.

Making friends along the way has been just wonderful for me. First getting to know people during Zoom sessions and now seeing them in person as we are coming together for in-person practices on Wednesday mornings is inspiring to say the least. As we gear up for our 3rd and 4th concerts I can't help but be proud of each member who has devoted themselves to such a worthy and wonderful cause which I believe is bringing hope and help to others through our song and determination!

- Judi Erlandsen

Theresa: What Tremble Clefs means to me

I do not have Parkinson's, however, my husband John does and since he went the first time to a Parkinson's TC practice he has been hooked. It means a lot to me that Tremble Clefs has been an inspiration for John to keep motivated and singing (which he loves to do). It is hard to watch your spouse deteriorate with this awful disease but wonderful to see something that helps him feel good about himself and motivates him to keep living the best life he can.

- Theresa Sylvester

Carolyn an Interim Music Director: Exercise changed my life

Exercise makes a huge difference for me! I had a torn meniscus in my right knee about 10 years ago which never got better. A year ago February 2021, I made the big decision to have total knee replacement and decided to get in as good a shape as I could to prepare for the surgery and recovery.

I started working out at EOS Fitness 5 days a week, even though I couldn't move that right leg very well, I did get stronger cardio wise and muscle wise too! I went through the surgery with flying colors, all of the physical therapy too. Six weeks later, we were walking on the beach in Oregon for our 40th anniversary.

When I got back, my knee allowed me to step it up to 4 days weights and cardio. In January, I added Barre3 Fitness which builds core strength and aesthetic movement with music. I feel fantastic, and that I have totally changed my life; I can do things now I haven't been able to do in years. I lost over 50 pounds this past year too. The bottom line is exercise made a difference for me physically, mentally, emotionally and spiritually. I feel grateful that impaired as I was that I asked myself to start with what I had. It worked, bit by bit. Grateful for each day!

- Carolyn Perkins

Upcoming e-newsletters will have more on the Parkinson's Unity Walk. All comments on EXERCISE couldn't fit in here. More will be in the May 1 e-newsletter. To subscribe to the free e-newsletter, send first & last name & email address to: TrembleDWR@gmail.com. 2022 Schedule of Choral Groups, Contact Information & Concerts are on our website: TrembleClefsArizona.org.