



COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER

LIVING WELL WITH PARKINSON'S

Winter 2021

INSPIRE-PD: Custom Coaching for People with Parkinson's Disease

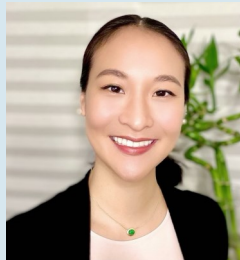
By Geraldine Yu, PT, DPT and Jennifer Reid, PT, DPT

What is Inspired-PD?

Our mission is to help people with Parkinson's Disease stay active, educated, empowered, and inspired! We aim to be the bridge between the medical community and the person recently diagnosed with PD. Serving as physical activity coaches, we can assess one's fitness level, determine what aspects would benefit from more focused training and then provide customized guidance towards the most appropriate exercise regimen. Each membership program fits the personal goals of each individual.

Who is a part of the Inspired-PD team?

We are 2 physical therapists specializing in the care of the person with Parkinson's Disease (PD). We originally met at work in the outpatient physical therapy department at New York Presbyterian Hospital (NYPH). Over time, we had the opportunity to work on various research projects together, including Engage-PD through the Neurorehabilitation Lab at Teacher's College. Through this work, we realized there was a growing need for support services for persons who have been recently diagnosed with PD. Together we seek to provide innovative and easily accessible coaching services with the intent to promote physical activity engagement. As your physical activity coach, we can be the bridge between you and the medical community, guiding and advancing your exercise program appropriately and safely.



Geri Yu (pictured left) is the assistant supervisor of outpatient physical therapy at NYP-Vanderbilt Clinic. An employee of NYPH since 2012, Geri has a special interest in PD and has taken several continuing education courses including LSVT BIG and PWR!. She is a Board Certified Orthopedic Clinical Specialist through the American Physical Therapy Association (APTA) and has taught courses at Columbia University's DPT program.

Jenn Reid (pictured right) is the owner of Ebb and Flow Physical Therapy, serving the NY/NJ/CT area. She previously worked at NYP and Helen Hayes Hospital and has over 10 years of experience working with various neurological diagnoses. Jenn's extensive PD experience includes continuing education courses such as LSVT BIG, PWR! She is a Board Certified Neurological Clinical Specialist through the APTA and also holds a certification in vestibular rehabilitation. She is a guest lecturer and lab assistant at Columbia University's DPT program.

When is this program available?

Now!
Contact us to set up a complimentary phone call to learn more. You can get started any-time, from anywhere via our flexible digital model.

Telephone: 646-789-5813

Email: info@inspired-pd.com

Website: inspired-pd.com



Support Groups!

The Department of Neurology currently hosts 2 support groups:

- PD Patient Support Group.** Meets the last Tuesday of every month. **NOW VIRTUAL!!**
- Care Partner Support Group** Meets the first Wednesday of every month. **NOW VIRTUAL!!**
- Deep Brain Stimulation (DBS) monthly info-session.** **NOW VIRTUAL!!**

For more information and to register please contact Elizabeth Delaney, LSW at 212-305-5779.



Parkinson's Revolution will be live again in 2022! Join in at an in-person studio location or virtually for a ride to help raise funds and awareness for Parkinson's Disease

When: February 26, 2022
Where: In Person in NYC (CycleBar Nomad 420 Park Ave S.) or virtually!

For more info or to register visit [PD Revolution](http://PDRevolution.com) !

Center Spotlight! : Measuring Intelligibility in Parkinson's Disease

What is this study?

The purpose of this study is to pilot test the accuracy of an intelligibility app (i.e., how well people can understand you) for Parkinson's disease.

What is involved?

You will record 50 sentences on your phone using a customized, free app. The whole task will take approximately 15-20 minutes.

When and where?

We will adapt to your schedule. You will record sentences from the comfort of your home, so no face-to-face contact! You will participate just once.



Who can participate?

You would qualify if you:

- Have a medical diagnosis of Parkinson's disease
- Have experienced changes in your voice (e.g., your voice has "lost its strength") and your voice is a current concern
- Have not received individual speech therapy for the past 2 years (group therapy is ok)
- Have a stable medication schedule
- Have not received DBS (Deep Brain Stimulation)
- Are a native speaker of American English

CONTACT INFORMATION:

Please contact the study's Principal Investigator, Dr. Gemma Moya-Galé, if you are interested in participating: gemma.moya-gale@liu.edu

Division of Movement Disorders

Columbia University
Irving Medical Center

710 West 168th Street
New York, NY 10032
212-305-1303

www.columbianeurology.org/patient-care/movement-disorders

Wish to Donate?...

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matt Reals, Senior Director of Development, at 212-304-7203 or mr3134@columbia.edu

Upcoming Event: Parkinson's Unity Walk

The 28th PD Unity walk is RETURNING, in-person in 2022! 100% of donations support Parkinson's disease research funded by four major U.S. Parkinson's foundations.

Walk a short loop through Central Park and then visit the partner alley booths for information about Parkinson's disease and other resources. Those who can not make it to NY, check out the Unity Walk website for virtual day-of activities, videos, and events. Feel free to create teams and set fundraising goals!

When: April 23, 2022

Where: Central Park, NY

For more info, visit www.unitywalk.org

To join team CUMC and walk with our the Columbia group [click here](#).

If you need help registering, contact Elizabeth at ead2179@cumc.columbia.edu



If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at movementdisorders@columbia.edu
The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice concerning legal, medical, or other matters published in connection with this article.

"Don't count the days, make the days count."

-Muhammad Ali, diagnosed with PD in 1984