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## Bravery Brigade: people with Parkinson's disease find allies

Posted by Colin Merry on May 19th, 2018

### ***Betsie Hosick Health & Fitness Center facilitates relationships in monthly support group***

FRANKFORT — Putting your best foot forward can become challenging for individuals experiencing Parkinson's disease.

A new support group at Betsie Hosick Health & Fitness Center focuses on facilitating relationships and sharing information to improve quality of life for individuals with the disease and their care partners. Their motto is: "Do not confuse my bad days as a sign of weakness. Those are actually the days I'm fighting my hardest."

They call themselves: "The Parkinson's Bravery Brigade."

"There are so many questions that arise during a life with Parkinson's disease," said Linda Gottschalk, a Brigade leader. "Our doctors are one source of information, but I need more. We're fortunate for the collaboration with Munson Healthcare Paul Oliver Memorial Hospital to include guest speakers on topics relevant to all of us."

The group meets at 9:30 a.m. the second Thursday of every month at Betsie Hosick Health and Fitness Center, located at 102 Airport Road in Frankfort. Upcoming meeting topics include: swallowing, language and

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throat care with a speech language pathologist; movement basics for people with Parkinson's with certified occupational therapists; and nutrition and Parkinson's with registered dietitian nutritionists.

Weekly exercise and movement classes compliment the monthly meetings. Retired registered nurse and exercise specialist Deb Cenname said the "Movement and Balance" class started at the fitness center in 2007.

"We wanted to create a class that addressed movement and balance issues for individuals of different ages and at different levels of physical ability," she said. "As we continue to address the movement and balance needs of our clients, we have added other group classes, including Pilates for Health, varying levels of yoga, and Moving Forward, a class coordinated with our colleagues in the occupational therapy department."

All of these classes offer modification to clients who have physical limitations. For information, on the support group call (231) 622-5140 or email [benzie.parkinsons@gmail.com](mailto:benzie.parkinsons@gmail.com). For Movement & Balance exercise class information call (231) 352-7481 or email [dcenname@mch.net](mailto:dcenname@mch.net).

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