

# NEWSLETTER

May 2024

## What's New Wellness 360



### Did you know that Wellness 360 Specializes in Neuro-Physical Therapy?

What is Neuro-Physical Therapy?

- Specializes in rehabilitating conditions affecting the nervous system, such as stroke, spinal cord injury, traumatic brain injury, M.S., or Parkinson's Disease.
- Focuses on retraining neural pathways with specialized techniques to improve movement, balance, coordination, and functional movement patterns.
- Addresses cognitive impairments and sensory deficits in addition to physical limitations.
- Involves extensive patient education and family/caregiver training due to the complex nature of neurological conditions.

How to schedule? Give us a call at

**585-259-0782**

A script from your Doctor is not always required. Give us a call for more details!



585-259-0782

[www.wellness360fitness.com](http://www.wellness360fitness.com)

## Stroke: Early Detection

Every second counts when it comes to recognizing and responding to a stroke. Prompt treatment can minimize brain damage and potential complications. Understanding the signs of stroke is crucial for early detection and intervention. Here are the key indicators to watch out for:

- **Sudden weakness or numbness typically on one side of the body**
- **Sudden onset of speaking difficulties, including slurred speech.**
- **Facial drooping on one side of the face**
- **A sudden change in your vision**
- **Confusion and/or trouble with memory or reasoning.**
- **A sudden onset of walking difficulties**

It's important to remember the acronym FAST when assessing someone for signs of stroke:

- **F for Face:** Ask the person to smile. Does one side of their face droop?
- **A for Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S for Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **T for Time:** If you observe any of these signs, it's time to call emergency services immediately. Time is critical in stroke treatment.

Early recognition of stroke symptoms and swift action can significantly improve the chances of recovery and reduce the risk of long-term disability. If you suspect that you or someone else is experiencing a stroke, do not hesitate to seek medical help immediately. Time lost is brain lost.

191 W Main St, Webster

1328 University Ave, Rochester

## Boxing and Parkinson's



We are looking for people diagnosed with Parkinson's Disease for a 6-week study on the effects of the Rock Steady Boxing Program on the symptoms of Parkinson's Disease.

Call for Details  
585-259-0782



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Researchers at the Decker College of Nursing and Health Sciences are seeking participants for a research study that looks at the effects of Rock Steady Boxing Exercise on the symptoms of Parkinson's Disease.

To participate, you must be:

- 40 years or older
- Diagnosed with Parkinson's disease
- Not currently enrolled in a Rock Steady Boxing Program

All participants will be enrolled in a 6-week exercise program. The researchers will pay all expenses for the classes. Another session of post-study data collection will be conducted 6 weeks after the end of the exercise program.

## Month in Review!



Thank you Holt Rd Wegmans for your tulip donation for our World PD Day!

Thank you Wayne Co BOCES for inviting Beth to speak to over 100 Female Teens for "EmpowerMe" Day



PD Foundation Fundraiser



Tara is Published "In Good Health"



Wellness 360 has a new Member. Meet "Daisy Mae"

## Caring For Caregiver Respite



Lifespan Volunteer Appreciation Event

## Fine Motor Skills Class

A diagnosis of Parkinson's disease can come with increased difficulty with fine motor skills. This class will focus on improving hand dexterity, strength, and coordination. Each month, we will tackle a specific task and send you home with ideas for practice. Join Lindsay as she instructs you through a 2 part series focused on Improving Handwriting.



### Handwriting (Part 1)

Hand Strengthening, Mobility Exercises, Posture, and Letter Tracing

When: Thursday, May 2nd  
Time: 1:00 pm - 2:00 pm  
Where: Wellness 360 on University  
(CHPT: 1328 University Ave)  
Cost: \$18 a class (W360 class package)

## Talk on Tuesday

Join Beth Parry as she discusses the importance of balance. Balance is crucial for everyday activities like walking, standing, and reaching. It helps prevent falls and injuries, maintains posture, and enhances stability during movement. Good balance is essential for independence and quality of life, particularly as we age or when recovering from injury or illness.



Anyone is Welcome!  
Tuesday, May 14th  
Webster Rec Center  
1350 Chiyoda Dr  
To Register, please call  
(585) 872-7103



Leave us a Review



585-259-0782

[www.wellness360fitness.com](http://www.wellness360fitness.com)

## IN THE COMMUNITY

Fine Motor Skills

### Equipment Hacks and Hand Mobility.

When: Thursday, May 2nd, 1:00 pm

Where: Wellness 360 on University

Instructor: Lindsay Perez

### Better Balance Bootcamp Webster

When: May 2nd - June 6th

Thursday's at 1:00 pm at Webster Rec Center

Register by calling (585) 872-7103

### Senior Mindfulness

When: May 3rd - May 24th

Friday's, 10 am at Webster Rec Center

Register by calling (585) 872-7103

### East Side PD Support Group

May 8th, 1pm - 2:30 pm

169 E Main St, Webster, NY

Contact: Jo Zimmerman

chazimm@gmail.com

### West Side PD Support Group

May 14th 1 pm - 2:30 pm

Chili Community Center

Contact: Mike Shafer

mws.shafer@gmail.com

### WREC Talk on Tuesday

Topic: Importance of Balance

Tuesday, May 14th, 10:30 am

Please register by calling (315) 524-7020

### Caregivers Support Group

May 28th, 4pm - 5pm

Webster Rec Center (1350 Chiyoda Dr)

Cost: FREE for all Caregivers, NO registration required.

191 W Main St, Webster

1328 University Ave, Rochester