

## Parkinson's Wellness Program Functional Status Assessment

Thank you for your interest in the Edmond J. Safra Parkinson's Wellness Program at the Marlene Meyerson JCC Manhattan. Medical clearance is required to participate in the program. Please complete the following form with your physician, taking into consideration our program offerings and your physical abilities and return it to:

Joelle Evans, Health & Wellness Program Manager

[jevans@jccmanhattan.org](mailto:jevans@jccmanhattan.org)

Fax 212.799.0254

Phone 646.505.5728

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

D.O.B. \_\_\_\_\_ Gender \_\_\_\_\_

How did you hear about our program? \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relationship \_\_\_\_\_

Phone Number \_\_\_\_\_

Current Diagnosis and Date of diagnosis \_\_\_\_\_

Treating Neurologist \_\_\_\_\_

Are you on medication? \_\_\_\_\_

Do you have any other medical conditions? \_\_\_\_\_

Are there times of day you function better? Morning, Afternoon, or Evening?

Do you currently have an exercise routine? \_\_\_\_\_ No \_\_\_\_\_ Yes

What is your exercise routine now? \_\_\_\_\_

How many times a week are you exercising? \_\_\_\_\_

Are you able to do the following activities for 30 minutes or more?

Sitting? \_\_\_\_\_ No \_\_\_\_\_ Yes

Standing with active movement? \_\_\_\_\_ No \_\_\_\_\_ Yes

Walking? \_\_\_\_\_ No \_\_\_\_\_ Yes

Are you able to climb up a flight of stairs? \_\_\_\_\_ No \_\_\_\_\_ Yes

Are you able to descend down a flight of stairs? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have any trouble walking? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have trouble with balance? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have trouble with balance while sitting? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have trouble with balance while standing? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have dizziness when standing? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have dizziness when walking? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have dizziness while sitting? \_\_\_\_\_ No \_\_\_\_\_ Yes

Can you transfer yourself from standing to sitting independently? \_\_\_\_\_ No \_\_\_\_\_ Yes

Can you transfer yourself from sitting to standing independently? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you walk with any assistive device? \_\_\_\_\_ No \_\_\_\_\_ Yes

Do you have anyone helping you in the home now? \_\_\_\_\_ No \_\_\_\_\_ Yes

\*\*\*Medical clearance from your doctor to exercise is required to participate in the program.\*\*\*

I authorize participation in any of the programs listed below

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Physician's Signature

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NPI#

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Date

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**Please review the offerings below with your physician and have them indicate in order of preference in relationship to your physical ability which classes they recommend for you. (Days and times are subject to change)**

**PD MOVES: Rhythm + Movement Patterns \_\_\_\_\_**

Pamela Quinn

Find ways to manage your PD symptoms, improve coordination, and develop body awareness through dance, movement, and smart fun.

Mondays, 3:30–4:30 pm

**Water Exercise for Parkinson's \_\_\_\_\_**

Lisa Veshecco

Increase flexibility and improve balance with gentle stretching and strengthening exercises in the JCC's warm water training pool. *Swim cap required.*

Tuesdays, 9–10 am

**Nia: Movement, Music + Magic for Parkinson's \_\_\_\_\_**

Caroline Kohles

Laugh, move, dance, and sing to great music while simultaneously increasing your mobility and stability.

Tuesdays, 2:45–3:45 pm

**AND**

Thursdays, 2:45–3:45 pm

**Alexander Technique for Parkinson's \_\_\_\_\_**

Anastasia Pridlides

Improve posture and breathing. Learn to sit, stand, bend, and move more easily in everyday life.

Wednesdays, 2:15–3:15 pm

**Boxing for PD \_\_\_\_\_**

Alex Montaldo and Roberta Marongiu

This StoPD Boxing program was founded by Dr. Roberta Marongiu and Alex Montaldo.

Each non-contact boxing class, includes stretching, heavy bag work, cardiovascular conditioning, weight training, and balance work specifically designed to help alleviate the symptoms of Parkinson's disease. A one-on-one assessment is required to join the program.

Wednesdays, 3:30–4:30 pm

**Cycling for Parkinson's \_\_\_\_\_**

Jody Jacob-McVey

Research has found that pedaling on a stationary bike at a rate faster than your own voluntary cadence, may help regions of the brain responsible for movement connect more effectively with each other. Interested participants must schedule an individual assessment session with coach Jody before participating.

Thursdays, 6:30-7:30 pm

**Chair Exercise: Balance + Strength for Parkinson's \_\_\_\_\_**

Linda Rose Iennaco

Improve posture, reduce stiffness, and increase flexibility in this chair-based exercise class.

Fridays, 12:15–1:15 pm

**Yoga + MELT®: Flexibility + Relaxation for Parkinson's \_\_\_\_\_**

Whitney Chapman

Learn floor, seated, and standing yoga poses blended with MELT techniques to open new pathways of flexibility and body awareness in this relaxing and energizing class.

Fridays, 3–4:15 pm