



### Senior boxing gives Parkinson's patients hope

Written by [Rod Boam](#) March 29, 2019

--Herald Journal



Lamar Anderson a member of the Parky's boxing group works on the speed bags as part of his training at Rocksteady Boxing inside Aqua Worx in Logan.

There is a boxing club in Logan for people 50 and up. There are no sissies in this group. Twice a-week they enter the gym, don their boxing gloves, and go after it. They call themselves the Parky's. These seniors spend time hitting the heavy bag, speed bag and double-ended bags. They are jumping rope, doing calisthenics and circuit weight training, all in the basement of AquaWorx at 209 W. 300 N. in Logan. Rocksteady Boxing is where people gather to complete a workout, which includes strength training, reaction time, balance workouts, and learning to fall. These folks are serious about what they are doing. With personal trainers at their side, they are battling their fiercest enemy, Parkinson's disease.

Cassie Webster, a physical therapy assistant who coaches the program, said research from the 1980's has shown forced exercise, like boxing, increases the fine and gross motor skills, as well as the memory of the participants.

Michelle Harmon, the administrator over AquaWorx,

said researchers have determined boxing is a deterrent for Parkinson's.

"It doesn't cure it," she said. "What they found was the more extensive exercise can decrease medication and participants sleep better."

Approximately 60,000 people are diagnosed with Parkinson's disease every year, according to the Parkinson's Foundation. The disease is a progressive nervous system disorder affecting movement.

Although the disease can't be cured, research has found there are medication and exercises that can significantly improve their symptoms.

Wester said the group is really food at trash talking each other, as well as group leaders.

The certified Rock Steady National instructor said she sees more progress the boxers are making compared to the people that don't box, and there is a marked difference in how well the boxers are progressing.

Most of the time we have about 12 men and 2 women at the workouts, but numbers change," Webster said. "Participants come and go. With Parkinson's they have good days and bad days."

She said sometimes they have been two physical therapists and are too tired to come. Weather is also a consideration. If it's snowing, they see fewer participants.



Susan Madsen, one of two woman participants in the boxing program, works on focus mitts worn by Jaedon Flake. Madsen has been there from the first workout and is still an active participant in Rocksteady Boxing.

Jaedon Flake, an exercise specialist, was working the focus mitts, catching punches from participants and having them duck and weave. He also sees a difference in the progress of the participants.

When the boxers are done with the session, most are exhausted after hitting every boxing bag in the place.

They're time in the ring program includes exercise, strength training, reaction time and balance.

They boxers are also taught how to fall without getting hurt and how to get up after they fall.

Susan Madsen, one of two woman participants, has been there form the first workout and is still an active participant.

"It's work and socializing in the same boat," she said. "Everyone is very supportive of each other."

"Boxing gives them hope," Webster said. "They also become each other's support group and friend, we become family."

# EMPLOYEE RECOGNITION



**Sydney Sager,**  
LPN

## Terrace Grove Employee of the Month!

Sydney will be getting her RN in April, she is very excited. Her favorite things are camping, hiking, backpacking, fishing, pretty much anything outside either up in the mountains or out in the desert.

She is terrified of what might find her in her tent at night, so she takes a melatonin to help her sleep and this has proven to be a \*pretty\* effective method! Sydney grew up with 3 brothers and no sisters, she is always trying to find horny toads and lizards and keep them as her pets. One of her favorite things to do with her family is to pack a lunch and go ride the four-wheelers all day. Sydney also plays the guitar which is one of her favorite pastimes, she likes to learn challenging songs that make it sound like she is good at it! Her MOST favorite thing is spending time Jackson, her husband. They will celebrate their 3rd anniversary in June AND are super excited to meet their baby girl in the beginning of June!!



**Jacey Jensen,**  
LPN

## Sunshine Terrace Employee of the Month!

Jaycee Jensen is our head nurse on Wing 4. She is always so willing to do things to improve the lives of her residents. Jacey has such a great attitude about life and that affects the mood of those around her. She is a joy to work with and is an asset to our

team. She works hard and gets along with everyone!

Thank you for everything you do, Jacey!



**Isaac Wanberg,**  
SSW Intern

## Home Health & Hospice Employee Spotlight!

Isaac Wanberg has been a social work intern with our hospice program for the past 8 months. He will graduate in May 2020 with a Master's degree in Social Work. Isaac lives in Nibley, is married and he and his wife have 4 children.

When he's not working or studying, Isaac enjoys playing soccer and woodworking. Isaac has demonstrated a depth of knowledge in the field and will make a wonderful social worker. We are so grateful to have had the chance to work with Isaac and wish him well in his career.



Eleyna Hartman	APR-1
Sarah Tess Kelson	APR-3
Michelle Ferlin Hoppie	APR-4
Courtney Cheney	APR-6
Megan Price	APR-6
Jaimeson Reichert	APR-7
Logan Durham	APR-8
Shanon Pearce	APR-8
Cassandra Webster	APR-10
Patricia Richardson	APR-10
Pam McDaniel	APR-11
James McKay Chidester	APR-11
Karlee Larsen	APR-12
Ricky Lyon	APR-13
Sheena Petersen	APR-14
Ragen Flippence	APR-15
Madison Peppley	APR-17
April Stanger	APR-19
Jessica Keller	APR-19
David Baker	APR-21
Matthew Naylor	APR-22
Melissa Salinas	APR-27
Bryan Erickson	APR-29
Kailee Hansen	APR-29



## Home Health & Hospice Employee Spotlight!

Megan Rasmussen has also been working as a social work intern in our hospice program. She has been visiting our patients as a volunteer and managing our bereavement tasks since September 2018. She grew up in Logan and enrolled in the bachelor's social work program at USU. Her hobbies include guitar, piano, and singing. Megan has a passion for social justice and feminism. Thank you, Megan, for working with us, we wish you the best as you pursued a Master's degree.

# SERVICE AND DONATION NEEDS

## Volunteering Opportunities

Terrace Grove Assisted Living is in need of volunteers. Please contact Nancy Bennett at 435-716-0504 or email her at [nancyb@sunshineterrace.com](mailto:nancyb@sunshineterrace.com) for more information. We have summer picnics, bus rides, and other summer adventures that we need your help with!



## Looking for a Service Project?

We are always open to volunteer service projects from any Community Group, School, Church, or for an Eagle Scout project.

We have received help with washing windows, building shelves, planting flowers and other yard work, and so much more. Please contact us if you want to help or have any ideas on how to make Sunshine Terrace even better!



Sunshine Terrace is often in need of new or slightly used medical equipment. Please contact Cindy Jones at [cindyj3@sunshineterrace.com](mailto:cindyj3@sunshineterrace.com) for our current needs.



## Volunteering Opportunities

Here at Sunshine Terrace we rely on our Volunteers year round to help with activities and day-to-day needs. Please contact Tess at [tess.kelson@sunshineterrace.com](mailto:tess.kelson@sunshineterrace.com) if you are interesting in participating in any other following:

- Adopt a Grandparent Program
- Assist with an Activity
- Plan and Implement Your Own Activity
- Practicum/Internships

Go to <http://www.sunshineterrace.net/volunteers/> for more information.



We have several wonderful outdoor spaces for our residents to go to get outside or visit with friends and family. Our current patio furniture is in poor condition and we would love to get some slightly used or new patio furniture to spruce the areas up!



# OTHER WAYS TO SUPPORT



**You Shop. Amazon Gives.**

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to Sunshine Terrace Foundation, Inc. if you choose us as your charity at [smile.amazon.com](https://smile.amazon.com).
- AmazonSmile is the same Amazon you know. Same products, same prices, same service, same login.
- Support us by starting your shopping at [smile.amazon.com](https://smile.amazon.com)!

# TREAT YOURSELF

**Treat Yourself to a  
Massage!**



**\$45 for a 1 Hour Massage!**

**(effective 1-15-2018)**

Appointments available Fridays

10:00 am—5:00 pm

Make appointments at the front desk or call

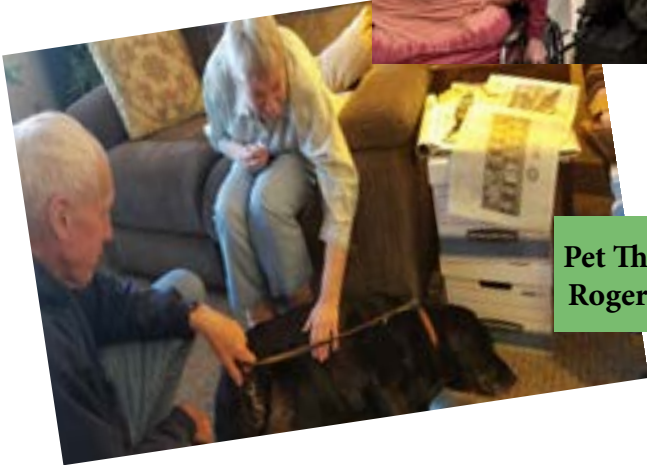
435-716-8535

# RECENT EVENTS

This group is always looking for a reason to Party!!!  
Happy St. Patrick's Day!



Our Residents enjoyed this fascinating trip to the Art Museum!



Pet Therapy with Roger and Chad



# <sup>6</sup> RECENT EVENTS (cont)



A wonderful celebration of life for Pat Edwards- we are grateful for the Edward's families generous donation to our scholarship fund!!



Congratulations to Jay for winning the Carpetball Championship!



Our wonderful residents had a great time making and of course eating these Banana Cream Pie Bites!!!



# RECENT EVENTS (cont)



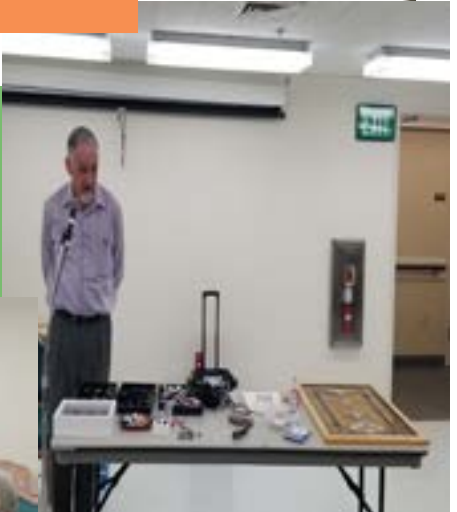
**Kay got a Strike!!!  
Way to go!!**



**Our wonderful residents had a great time making and of course eating these Banana Cream Pie Bites!!!**



**A great demonstration on making fused glass jewelry**



**Jennifer always does a great job entertaining our residents during Music Therapy. Our residents have so much fun singing, playing instruments, and moving to the music!**

**Marvin knows how to celebrate his Birthday!!**



# FUTURE EVENTS

**The Sunshine Terrace Foundation**  
**Annual Meeting**  
**Thursday, April 18, 2019**  
**3:00-4:30 PM**

AquaWorx - 2nd Floor Gym  
 209 West 300 North, Logan

3:00-3:30pm Meet and Greet  
 3:30-4:30pm Annual Business Meeting

**Serving Cache Valley for Over 70 Years!**

**Music Week**  
 May 6-10: All concerts will begin at 2 pm

We are looking for volunteers to come and perform with us during the week of concerts which will include:

Monday- Academy Awards  
 Tuesday- Grand Ole Opry  
 Wednesday - Sunshine Idol  
 Thursday- Broadway  
 Friday- Classical

We would love to have staff or family members or friends/neighbors/countrymen, etc. come and volunteer their talents to share with our residents who do not get a chance to go out to the theater or concert hall to see performances.  
 Please pass the word around and come and sign up with Jennifer or anyone in Music Therapy or Recreation.

**SUNSHINE TERRACE FOUNDATION**

Please join us as we gather for our annual Spring Memorial Event. Together, we honor the memory of our loved ones with the community and our Sunshine family. Highlighted by music and reflection at the fountain with refreshments to follow inside.

**May 20, 2019 at 5 pm**  
 248 West 300 North in Logan 435-716-8541

**SUNSHINE MEMORY GROVE**  
 A memorial

**Dementia Dialogues™**

A 4-session basic practical training course designed to educate individuals who care for persons with Alzheimer's disease or related dementias

**4 Wednesdays from 3:30-5:00 pm**  
**May 1st through May 22nd**

**SUNSHINE TERRACE FOUNDATION**

Skilled Nursing Center Great Room  
 248 West 300 North, Logan

Free and open to the public  
 Call Amy at 435-754-0233 for information or registration

TOPIC 1 The Basic Facts: An Introduction to Dementia  
 TOPIC 2 Keeping the Dialogue Going: Communication Skills  
 TOPIC 3 Safe Environments and Addressing Challenging Behavior  
 TOPIC 4 Now What Do I Do? Creative Problem Solving

Future 4 week sessions begin August 7 and October 30

Led by Amy Anderson and Dennis Wildman, Certified Dementia Dialogue™ Instructors through the Utah Department of Health's State Plan on Alzheimer's

Developed by:  


**SCHOLARSHIP APPLICATION**

**Employees Only**

Scholarship Applications will be at the Front Desks of each business starting Friday, May 3rd!



<p>Sunshine Terrace Skilled Nursing &amp; Rehab                  248 West 300 North                  Logan, Utah 84321                  435-752-0411</p>	<p>Terrace Grove Assisted Living                  345 North 200 West                  Logan, Utah 84321                  435-787-2855</p>	<p>Sunshine Home Health &amp; Hospice                  225 North 200 West                  Logan, Utah 84321                  435-716-8541</p>	<p>AquaWorx Physical Therapy &amp; Fitness                  209 West 300 North                  Logan, Utah 84321                  435-716-8535</p>
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