

Daily Inspiration/Mantra:

Day 03- Persistence Quotes and Stories



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Parkinson Wellness Recovery

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 **PWR! Retreat**

Persistence and Parkinson's

Definition: *Persistence is defined as (1) firm or obstinate continuance in a course of action in spite of difficulty or opposition, and (2) the continued or prolonged existence of something.*

- If you're going to thrive in the presence of Parkinson's, you will definitely need persistence because you will be locked in a lifelong battle to resist its presence every minute of every day.
- "Unfortunately, our symptoms may vary somewhat each day but Parkinson's will never take a vacation." (<https://journeywithparkinsons.com/2015/05/27/hope-resides-within-the-adversity-of-parkinsons/>)

Persistence and Parkinson's: Effort Required

- Persistence is steadfastness. PwP should spend a lot of time staying hopeful and being positive in dealing with this disorder.
- Perhaps the next best trait to have is to remain persistent. When you have an incurable progressive neurodegenerative disorder, your effort needs to be constant and unwavering.
- Your persistence in dealing with this minute-by-minute really will make a difference.

Words of Persistence

A word cloud featuring various terms related to Parkinson's disease and health. The central phrase is "Exercise is medicine" in large blue letters. Other prominent words include "Parkinson's Disease" in red, "Neuroplasticity" in dark blue, "Parkinson's" in dark blue, and "Hope" in red. Smaller words include "Strength", "Believe", "Gratitude", "Contentment", "Journey on", "Courage", "Persistence", "Mindfulness", "Stay you", "Sleep, sleep some more", and "Understand nutritional needs".

Contentment
Parkinson's Disease
Neuroplasticity
Journey on
Exercise is medicine
Parkinson's
Mindfulness
Sleep, sleep some more
Understand nutritional needs
Strength
Believe
Gratitude
Courage
Persistence
Stay you



“Patience, persistence and perspiration make an unbeatable combination for success.” Napoleon Hill

“You're not obligated to win. You're obligated to keep trying to do the best you can every day.” Marian M. Wright





“For every obstacle there is a solution. Persistence is the key. The greatest mistake is giving up!” Dwight D. Eisenhower

“Life is not easy for any of us. But what of that?
We must have perseverance.” Marie Curie





"When nothing seems to help, I go and look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it, but all that had gone before." Jacob A. Riis

Your Mid-week Mantra Boost

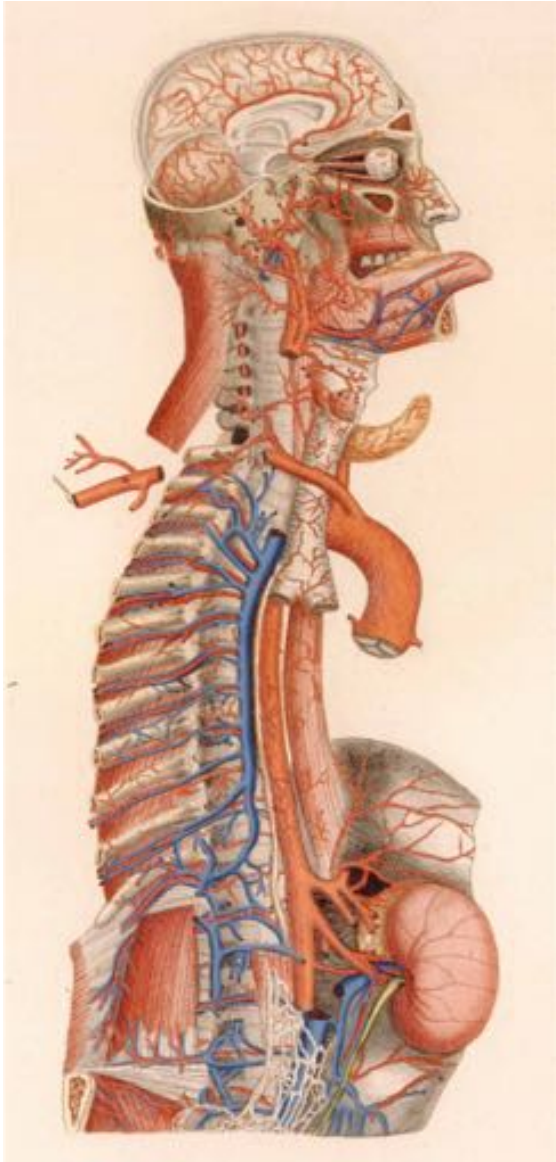
- Our new journey began the moment we heard the words “you have Parkinson’s Disease”; however, your journey can still be fully lived with your sustained effort.
- Your core values and personal strengths of character are still the framework for your life’s journey with Parkinson’s.
- Live decisively with Parkinson’s: *“Stay hopeful. Stay persistent. Stay courageous. Stay positive. Stay mindful. Stay happy. Stay you.”* Frank C. Church

A full-page background image of a beach at sunset. The sky is filled with large, dark clouds illuminated from below by the setting sun, creating a vibrant orange and yellow glow. The sun is a bright yellow disk on the horizon. The ocean has white-capped waves breaking onto a sandy beach. On the left, a rocky cliff with some sparse vegetation meets the water.

Short Stories of Persistence
-presented by Jennifer and Frank

Frank's Persistence, Life, and Work in Academic Medicine

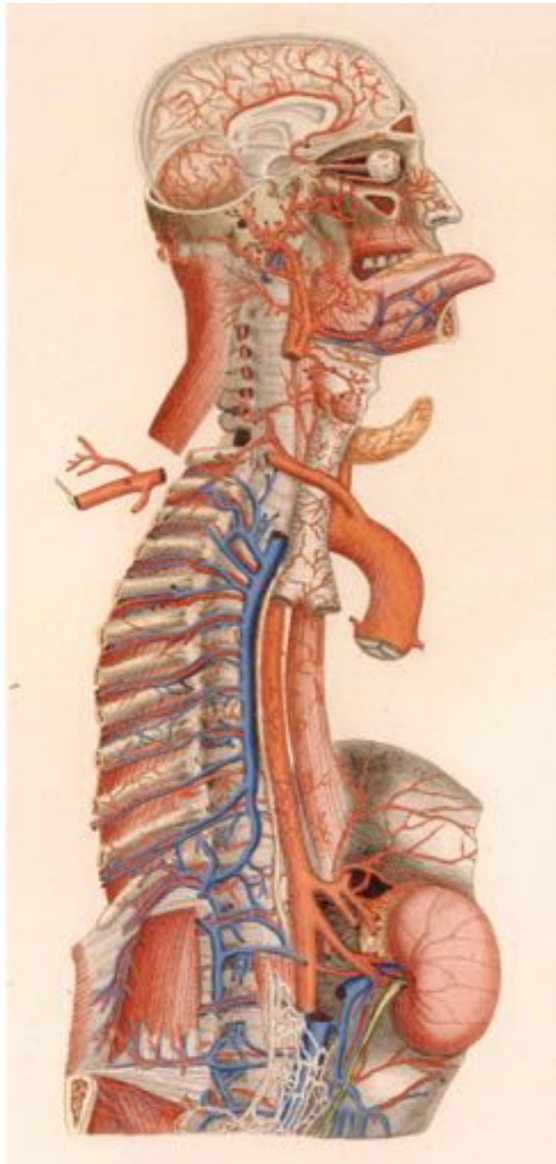
- **There is an old saying that ‘there are people who work to live’ and that ‘there are people who live to work’:** One of these phrases likely describes your attitude (or opinion) about your job/career. One phrase is not more correct than the other phrase.
- I have been in an academic medicine setting for the past 35 years and I am more closely linked with the phrase ‘live to work’. I have never regretted this career choice.
- It has taken me a long time to understand the how and the why of my academic career successes and advances mixed with the typical setbacks.



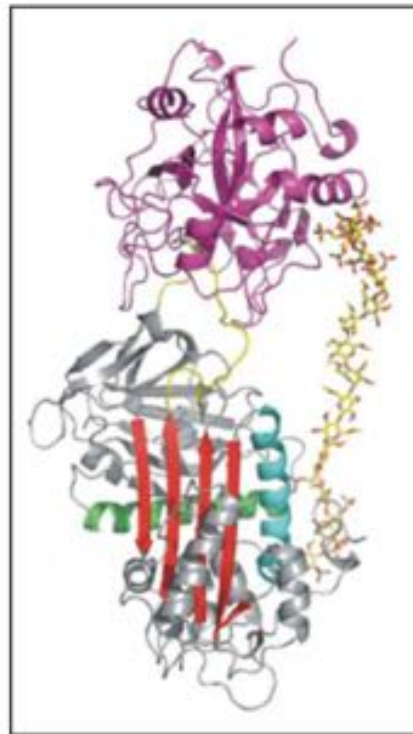
Persistence and Research Funding

Hematology-Oncology (1982-2016):

- Biological Chemistry of Blood Coagulation
- Pathophysiology of Venous Thrombosis and Aging
- Breast Cancer Cell Biology and Signaling



Persistence and Research Funding



Research Group Funded 1986-2016:

NIH (NHLBI, NIA and NINDS);

American Heart Association;

Susan G. Komen for the Cure.



National Institute
on Aging ■ ♦ ★ ●



Persistence and New Research Ideas for Parkinson's in Frank's Laboratory at UNC School of Medicine

