



**Main Line Health®**  
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**Foundation**

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June 17, 2019

Ms. Beth Harper Briglia, CPA  
Vice President of Donor Services and Grant Making  
Chester County Community Foundation  
28 West Market Street  
West Chester, PA 19382

Re: Grant award from Believe, Play & Have Fun Foundation Fund

Dear Ms. Briglia,

It is a pleasure to update you and the Board of Directors of the Chester County Community Foundation on the impact of the \$1,500 grant received in May 2018 from the *Believe, Play & Have Fun Foundation Fund*. Riddle Hospital is proud to offer Lee Silverman Voice Treatment (LSVT) therapies to patients with Parkinson's disease (PD), and we are grateful to Mr. Norman Mawby and the Chester County Community Foundation for this grant that helps us provide this innovative treatment modality.

Although PD affects each person differently, some of the main symptoms are tremors, limb and trunk stiffness, bradykinesia (the slowing down of movement), unsteady balance or coordination, changes in speech, vocal volume, and inflection; and difficulty swallowing.

LSVT is a behavioral treatment that is geared towards creating neurobiological changes associated with therapy for people with Parkinson's. This approach involves the concept of neuroplasticity—the brain's ability to reorganize itself by forming new neural connections throughout life – and since it addresses the “internal” aspects of Parkinson's disease symptoms, it can lead to significant functional improvements.

Two separate LSVT programs are utilized with PD patients: LSVT-LOUD, developed in the 1980s, is an evidence-based, intensive program explicitly designed specifically to create sustained improvement in speech, voice loudness and quality, and swallowing function. The more recently developed LSVT-BIG helps patients improve the quality of movement.

In Riddle Hospital's Rehab Department, three physical therapists are trained in the evidence-based LSVT-BIG protocol, and one speech therapist will soon be certified in LSVT-LOUD. LSVT-BIG involves a high effort, whole body exercise program that trains people to use their body more naturally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble

with getting around, getting dressed and with other activities of daily living. LSVT- BIG effectively trains improved movements for any activity, whether “small motor” tasks like buttoning a shirt or “large motor” tasks like getting up from sofa or chair or maintaining balance while walking. The treatment improves walking, self-care and other tasks that help people “recalibrate” how they perceive their movements with what others actually see. It also teaches them how and when to apply extra effort to produce bigger motions, and by maintaining larger movements, patients will move better, with more confidence and safety.

At Riddle Hospital, the intensive LSVT-BIG program takes place four days a week for four weeks, and involves mandatory daily exercises at home after patients “graduate” from the therapy with the help of family members or caretakers. LSVT sessions are individual, one-hour treatment sessions, and patients typically complete the program within a month for these intensive

Riddle Hospital physical therapist Michelle Jagielski describes the impact of the grant from the *Believe, Play & Have Fun Foundation Fund*.

*“Norman’s generous contribution has made it possible for us to offer LSVT-BIG to the community. We have had numerous patients complete the program and see the benefits of LSVT-BIG, as they are able to function in a better capacity on a daily basis. The feedback we have received has been very positive. With Norman’s help, we are able to expand and make effective upgrades to our program.”*

In FY19, the funds provided through the *Believe, Play and Have Fun Foundation Fund* were utilized for physical therapist recertification fees, as well as a large one-time payment for the certification of speech therapist, Laurie Maddesi. Funds also paid for equipment used in treatment of Parkinson’s patients, including a video camera, weighted utensils, a metronome and balance technology. We look forward to soon providing LSVT-LOUD therapy to help patients maintain improved speech patterns and volume.

This generous grant is playing a pivotal role in enabling Riddle Hospital to offer an innovative and successful treatment approach to our patients suffering from PD, and we greatly appreciate Mr. Mawby’s thoughtfulness in providing this funding as well as the Chester County Community Foundation’s wonderful work connecting donors with community needs.

If you have any questions about Riddle’s programs or services, please feel free to contact me at 484-227-3651.

Sincerely,



Daniel R. Green  
Executive Director of Development