

Out & About

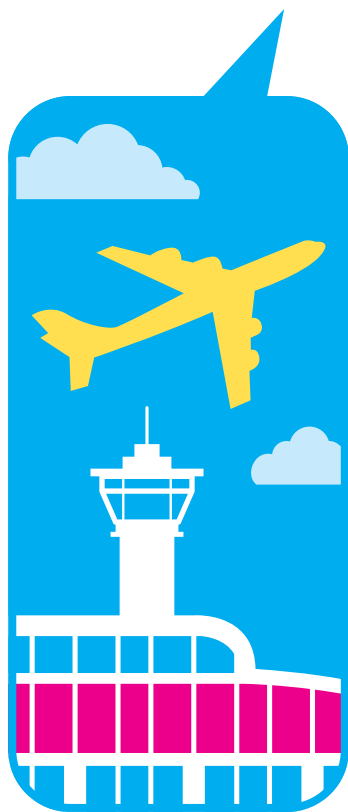


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SPEAK OUT AT THE GROCERY STORE

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1

2

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STOP

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STOP

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STOP

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STOP

SPEAKING WITH INTENT MEANS TO...

FOCUS

CONCENTRATE

BE PURPOSEFUL

BE MINDFUL

TAKE CONTROL OF YOUR SPEECH

PUT FORTH CONSCIOUS EFFORT

SAY IT LIKE YOU MEAN IT

BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

I'm going to the store.

Park the car.

Grab a cart.

I forgot my list.

Weigh the bananas.

Buy some milk.

Look for farm fresh eggs.

I would like a free sample.

Is this on sale?

The peaches are ripe.

Fresh-baked bread!

What are today's specials?

Clean up on aisle five!

What a deal!

Thank you for your help.

Next in line!

Express checkout.

Paper or plastic?

Cash or credit?

Shop with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

The wheel on my shopping cart is veering to the left.

Please don't allow your children to stand up in the shopping cart!

Will you please check the stock room for more dinner napkins?

I need to order two pounds of lean ground beef from the butcher.

The frozen food area is so cold. I wish I had brought my jacket!

The recipe from my cookbook calls for Italian breadcrumbs.

The fresh produce is delivered every morning at six o'clock.

The check-out line over there is shorter than this one.

Which credit cards do you accept at this grocery store?

Let's gather all the items on our shopping list with INTENT!

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Items on a grocery list

Vegetables

Fruits

Items sold in a bakery

Paper goods

Types of meat

Dairy products

Ice cream flavors

Types of cereal

Types of candy

Grocery store employees

Kitchen supplies

Pizza toppings

Places to buy groceries

Healthy foods

Ways to save money at the store

Baby products

Types of pasta

Items that cost less than \$3.00

Items that cost more than \$5.00

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INTENT!

SPEAK OUT AT A WEDDING

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

The big day has arrived!

Wedding bells are ringing.

Here comes the bride!

Walking down the aisle.

The dress is beautiful.

The groom waits patiently.

Who has the rings!?!

Smile for the camera.

Congratulations!

The happy couple.

Bride and groom.

The best man.

Father of the bride.

Mother of the bride.

It's their first dance.

Make a toast.

Catch the bouquet!

Cut the cake.

For better or for worse.

Dance with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

The wedding invitation arrived in the mail today.

The bride and groom were high school sweethearts.

The bride is wearing her grandmother's dress and veil.

The ring bearer cried all the way down the aisle.

Now that the ceremony is over, let's celebrate with INTENT!

I would like to make a toast in honor of the happy couple.

Do you know where the couple is traveling for their honeymoon?

The wedding cake flavor is white chocolate with raspberry filling.

Let's all go outside. The bride and groom are leaving!

Ever thine. Ever mine. Ever ours. – Ludwig van Beethoven

Conversation Exercise (72-78dB): *Discuss items that need to be considered for each of the situations below. Concentrate and say every word with INTENT!*

Buying an engagement ring

Planning a wedding ceremony

Selecting a location for a wedding reception

Selecting a band for a wedding reception

Selecting flower arrangements for a wedding reception

Preparing a wedding toast

Buying a wedding gift

Planning a honeymoon

Booking airline tickets for a honeymoon

Planning a 50th wedding anniversary party

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SPEAK OUT AT THE EXERCISE GYM

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Let's go exercise.

Stay hydrated!

One more lap!

Stretch your arms.

Dancing is fun!

The pool is heated.

Wear your boxing gloves.

Sign me up!

Yoga or Pilates?

Class begins at nine.

Grab a towel.

How many repetitions?

Ride the spin bike.

Two flights of stairs.

Walk on the treadmill.

You can do it!

My massage is at eleven.

Jump higher!

Five more minutes.

Walk with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

What time does the gym open on Sunday?

How much is the annual membership fee?

Do your therapists have special training in Parkinson's?

Tai Chi and dancing are beneficial forms of exercise.

I want to sign up for the beginner's water aerobics class.

I have been walking on this treadmill for fifteen minutes.

Let's go to the store to buy a new pair of tennis shoes.

If you want to get your heart rate up, try the boxing class!

At the end of our workout, let's stretch with INTENT!

It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable. - Socrates

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Types of exercise

Benefits of exercise

Exercise equipment

Winter sports

Ways exercise helps Parkinson's

Places to buy sporting equipment

Sports that require a ball

Types of exercise you enjoy

Water sports

Exercises that don't require equipment

Items to bring to the gym

Motivational tips for exercising

Summer sports

Team sports

Expensive forms of exercise

Popular sporting events

Types of floor exercises

Dangerous sports

Movies about sports

Famous athletes

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PARKINSON VOICE PROJECT

SPEAK OUT AT THE SHOPPING MALL

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Let's go shopping.

There's a parking spot!

Look for the mall directory.

What a good deal!

Does this come in my size?

Try the shirt on.

I need some help.

Where is the dressing room?

Let's ask the salesperson.

Where is the shoe store?

Let's go up the escalator.

How late is the mall open?

I'm returning this jacket.

Where is the food court?

I would like a soda, please.

The mall is crowded.

My feet hurt.

Which way is the exit?

We parked far away.

Shop with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Let's meet at the mall at ten o'clock this Saturday.

How can the parking lot be full this early in the morning?

I want to buy new pillows and a comforter for my bed.

The elevator is located in the back of the store.

May I please speak with the manager on duty?

Now that spring is around the corner, all coats are on sale.

I'm going to the dressing room to try on these clothes.

I'm getting hungry. Where is the food court?

We are on our way to the toy store to buy a birthday present.

Whoever said that money can't buy happiness simply didn't know where to go shopping. – Bo Derek

Conversation Exercise (72-78dB): *Read each value with INTENT and then name 3-5 items that you can buy at a shopping mall with each amount.*

\$54.18

\$95.45

\$232.70

\$450

\$7.25

\$12.85

\$90.25

\$50

\$785

\$45.21

\$125.48

\$2,045

\$20

\$88.21

\$1,467.89

\$195.99

\$314.70

\$99.99

\$642.79

\$3.40

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SPEAK OUT AT THE POST OFFICE

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
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Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Special delivery!

The line is long.

This box is heavy.

How much do stamps cost?

Seal the envelope.

Flat rate shipping.

Mail a letter.

Weigh these packages.

Add some bubble wrap.

Use packing tape.

How much is it?

Pay with a credit card.

Sign my last name.

First class postage, please.

This is a commemorative stamp.

Where is the tracking number?

I receive too much junk mail.

Send me a postcard.

This is the return address.

Write with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

What time does the post office close during the week?

Why are the lines always so long at the post office?

I need to mail this package and buy one book of stamps.

Will this package arrive at its destination by this Thursday?

I need to find out if these two letters require extra postage.

How much does it cost for two-day shipping?

I want to buy insurance for this special package.

Do you charge extra for large shipping boxes?

The price of stamps is increasing again next month.

I'm pretty sure people are going to start writing letters again once the email fad passes. – Willie Geist

Conversation Exercise (72-78dB): *Make up new words using just the letters in the words listed in the first column. For extra practice, make up sentences.*

Postal Service:	rice	serve	_____	_____	_____
Shipping Label:	hip	_____	_____	_____	_____
Priority Mail:	toy	_____	_____	_____	_____
Packing Supplies:	_____	_____	_____	_____	_____
Stamp Collecting:	_____	_____	_____	_____	_____
Mail Carrier:	_____	_____	_____	_____	_____
Tracking Number:	_____	_____	_____	_____	_____
Passport Photo:	_____	_____	_____	_____	_____
Expedited Shipping:	_____	_____	_____	_____	_____
Special Delivery:	_____	_____	_____	_____	_____

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PARKINSON VOICE PROJECT

SPEAK OUT AT THE MOVIES

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Let's meet at noon.

It is a comedy.

That movie is sold out.

Stand in this line.

Two tickets, please.

How much is it!?!?

One large popcorn.

Extra butter!

Buy me some candy.

Hold your ticket.

Save me a seat.

The floor is sticky.

Turn off your phone.

Too many previews!

These seats are comfortable.

No talking, please!

That scene was funny.

A surprise ending!

What a great show!

Let's watch with INTENT.

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Let's go to dinner and a movie this Friday night.

How far is the movie theater from the restaurant?

We want to purchase four tickets to the six o'clock show.

Please don't select seats that are too close to the screen.

Was this international film nominated for an award?

What is the name of the actor who is starring in this movie?

Why are the previews always so loud and long?

I would like a large popcorn with butter and a soda.

Let's take the grandkids to the movies next Saturday afternoon.

For me, the cinema is not a slice of life, but a piece of cake.

– Alfred Hitchcock

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Actors

Actresses

Comedies

Superheroes

Action movies

Employees at a movie theater

Classical movies

How to save money at the movies

Concession stand snacks

Annoying behaviors at the movies

Your favorite movies

Movies starring an animal

Holiday movies

Types of candy

Musicals

Child stars

Romantic movies

Documentaries

Animation films

Famous couples

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SPEAK OUT AT THE AMUSEMENT PARK

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Let's stay together.

Hold my hand.

Buy the tickets.

This line is long.

Let's ride the roller coaster.

Fasten your seat belt!

It is a sunny day.

This ride is fast!

Are you having fun?

I am thirsty.

I want an ice cream cone.

It is too crowded.

My feet hurt!

Put on some sunscreen.

Smile for the camera.

Look at the Ferris wheel.

I won a prize.

Time to go home.

What a fun day!

Laugh with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

We are meeting at the park entrance at ten o'clock.

Be sure to pack plenty of water and sunscreen.

I have the tickets. Which ride do you want to go on first?

The roller coaster is the scariest ride in the amusement park.

I would like an order of French fries and a small soda.

Will you ride the merry-go-round with me one more time?

I'm trying to win that big, yellow stuffed animal.

I want to order a double scoop of chocolate ice cream.

We only have time for two more rides before the park closes.

The grandkids fell asleep in the back seat of the car.

Conversation Exercise (72-78dB): *Discuss the following topics related to an amusement park. Concentrate and say every word with INTENT.*

Your fondest memory from an amusement park

Characteristics of an outstanding amusement park

Items to pack for a day at the amusement park

Ways to stay safe at an amusement park

The most popular rides at an amusement park

Foods and drinks to enjoy at an amusement park

Popular souvenirs to buy or win at an amusement park

Employees necessary to run an amusement park

Activities for small children at an amusement park

How to save money at an amusement park

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PARKINSON VOICE PROJECT

SPEAK OUT AT THE BANK

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
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Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Good afternoon.

Next in line!

How may I help you?

I'm opening a bank account.

I want to make a deposit.

Please cash this check.

I'm making a withdrawal.

Count the money.

Sign my name.

I need a loan.

What are your business hours?

I will ask the teller.

Online banking is convenient.

I need to order more checks.

What is my balance?

Will you transfer the money?

What are the fees?

Let's review my bank statement.

Help me balance my checkbook.

Saving money with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

We need to go to the bank before it closes at five o'clock.

There are three bank tellers on duty right now.

I would like to deposit these checks into my savings account.

My important papers are kept in a safety deposit box.

I need to make a withdrawal from my checking account.

What are the bank's hours of operation on the weekend?

May I please speak with the bank manager about my account?

What are the benefits and the risks of online banking?

Thank you for helping me with this transaction.

A bank is a place that will lend you money if you can prove you don't need it. – Bob Hope

Conversation Exercise (72-78dB): *Say and spell each word. Then, make up a sentence. Concentrate and say every word with INTENT.*

Car loan

Balance

Deposit

Wire transfer

Checks

Bank teller

Loan officer

ATM machine

Savings

Manager

Online banking

Signature

Money

Routing number

Interest rate

Credit card

Investments

Account

Drive-thru

Debit card

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SPEAK OUT AT THE AIRPORT

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
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Repeat five times with INTENT.

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Reading Exercise (75-85dB): *Read each sentence two times. The second time, use MORE INTENT!*

Park the car.

Here is my identification.

Print a boarding pass.

Go through security.

I have a carry-on bag.

The flight is on time.

Where is our gate?

Window or aisle?

Children board first.

Overhead compartment.

Fasten your seatbelt.

My flight is delayed.

Time for a snack.

Do you have a pillow?

How long is this flight?

Will I make my connection?

Look for the exit row.

What a smooth landing!

I need to stretch my legs.

Travel with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

We need to be at the airport two hours before our flight.

How much would it cost to upgrade my ticket to first class?

I am checking in two bags. Is there a fee?

I prefer to sit next to the window if there is a seat available.

The wheel on my carry-on luggage just broke.

Is there room in the overhead compartment for my bag?

Will you be serving dinner on this international flight?

That was the smoothest landing I have ever experienced.

I sure hope the airline doesn't lose our luggage.

You haven't seen a tree until you've seen its shadow from the sky.

– Amelia Earhart

Conversation Exercise (72-78dB): *Discuss the situations described below. Concentrate and say every word with INTENT.*

You lost your passport, and you're traveling abroad in two weeks.

You missed your connecting flight, and the next available one is tomorrow.

You are going on a cruise, and you are concerned that completing your daily SPEAK OUT!® exercises in your cabin will disturb your neighbors.

You're checking in your luggage, and one of your bags is over the weight limit.

A child on the airplane keeps kicking your seat from the row behind you.

You are traveling to attend your granddaughter's wedding, and your flight has just been cancelled due to inclement weather.

The airline lost your luggage.

What are some travel tips that can reduce stress at the airport?

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INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT THE VETERINARIAN'S OFFICE

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
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Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
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Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
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Repeat ten times during therapy and
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BE MINDFUL

TAKE CONTROL OF YOUR SPEECH

PUT FORTH CONSCIOUS EFFORT

SAY IT LIKE YOU MEAN IT

BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Are you open on Saturday?

It's time for a checkup.

I don't have pet insurance.

Sit! Stay!

Good dog!

No barking.

Want a treat?

What is her name?

Come here, boy!

Be careful! He bites!

It's time for his shots.

How old is she?

Is my hamster okay?

Do you board cats?

What is your daily rate?

He's cute and cuddly.

My dog needs a bath.

Can I pet your dog?

Be kind to animals.

Barking with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

I need to make an appointment for my dog's annual checkup.

If I don't have pet insurance, how much will the appointment cost?

What type of vaccinations does my new puppy need?

How often should I feed my tropical fish and clean the aquarium?

Do you provide dental cleanings for pets at this location?

The staff at my veterinarian's office is friendly and helpful.

Does my giant pet snake look hungry to you?

Do you provide boarding for animals over the holidays?

How can I get my pet certified as a service dog?

Animals are such agreeable friends. They ask no questions, and they pass no criticisms. – George Eliot

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Household pets

Breeds of dogs

Pet supplies

Dangerous items for pets

Farm animals

Tricks to teach your dog

How to care for a pet

Questions for a veterinarian

Animals that should not be pets

Reasons to board a pet

Pet grooming supplies

Common cat names

Common dog names

List all pets you've had

Pet medications

Child-friendly pets

Types of snakes

Types of birds

Things in an aquarium

Supplies to build a doghouse

LIVE
with
INTENT!



SPEAK OUT AT THE PHARMACY

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 **2** **3** **4** STOP

5 **6** **7** **8** STOP

9 **10** **11** **12** STOP

13 **14** **15** **16** STOP

SPEAKING WITH INTENT MEANS TO...

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Good morning.

The pharmacy opens at nine.

I called in my prescription.

Is a generic brand available?

Do I take these pills with food?

May I speak with the pharmacist?

I need to order a refill.

Will you call my doctor?

How much does it cost?

I need a flu shot.

I'm allergic to penicillin.

Where are the cough drops?

Do you sell bandages?

Are there side effects?

What do you recommend?

I'm ready to check out.

I have a new address.

I don't have any allergies.

I'll sign my name.

Thank you for your help.

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

My doctor called in a prescription for my Parkinson's medication.

How late is this pharmacy open on the weekends?

How much time will it take to fill these two prescriptions?

I need to speak with the pharmacist about this new medication.

Are there any side effects associated with this medication?

Is this medication available in a generic brand?

If I miss a dose of this medication, what should I do?

Is there an over-the-counter substitution for this medication?

Should I take this medication with food or on an empty stomach?

It is easy to get a thousand prescriptions, but hard to get one single remedy. – Chinese Proverb

Conversation Exercise (72-78dB): *Discuss the following topics related to managing medications. Concentrate and say every word with INTENT.*

Things to consider when starting a new medication

Ways to manage your medication schedule

Suggestions for preventing the common cold

Appropriate and inappropriate questions to ask a pharmacist

Benefits of using just one pharmacy and getting to know your pharmacist

Names of medications that can be purchased over the counter

Names of places where you can fill prescriptions

Ways to save money on medications

Home remedies to treat various illnesses

Common restrictions while taking medications

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT THE GAS STATION

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Road trip!

What is the price of gasoline?

The gas tank is empty.

It's time to fill up.

Put the car in park.

Turn off the ignition.

Close the windows.

Cash or credit?

Pump the gas.

I need to check the oil.

Let's put air in the tires.

Throw the trash away.

Wash the car.

Where is the restroom?

Do you sell gas cans?

Do you want a snack?

Buy me a soda.

I want some ice cream.

The attendant was pleasant.

On the road again!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

We should take the next exit and stop at the gas station.

Let's put some air in the tires. They look a little low.

The price of gasoline has gone down since we last filled up the tank.

Did you see that shiny new sports car that just sped away?

Will you empty the trash from the car while I wash the windshield?

Let's not forget to buy a ten-pound bag of ice to keep the drinks cold.

I am going inside to buy some water and snacks. Do you want anything?

The credit card machine at the pump is broken. We will have to go inside and pay the cashier.

Should we pay extra this time to get the car washed?

Is everyone ready to go? Put on your seatbelts.

Conversation Exercise (72-78dB): *Make up new words using just the letters in the words listed in the first column. For extra practice, make up sentences.*

Parking Space:	ring	car	_____	_____	_____
Windshield Wipers:	ship		_____	_____	_____
Ice Machine:	mice		_____	_____	_____
Gasoline Pump:			_____	_____	_____
Road Construction:			_____	_____	_____
Twenty-Four Hours:			_____	_____	_____
Snacks and Drinks:			_____	_____	_____
Cash or Credit:			_____	_____	_____
Watch Your Step:			_____	_____	_____
Summer Road Trip:			_____	_____	_____

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT A PICNIC

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

It's sunny today.

Pack the picnic basket.

Let's use paper plates.

The flowers are blooming.

Bring a blanket.

Let's fly a kite.

We need bug spray.

Is it time to eat?

There's a cool breeze.

We made lemonade.

Here come the ants.

Look at the flowers.

Did you bring sunscreen?

Throw the trash away.

Let's play catch.

We brought watermelon.

I need a hat.

There's a bumble bee!

Pass the chips.

What a beautiful day!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Will the weather be sunny this weekend?

The park down the street is my favorite place for a picnic.

Make sure to pack the sunscreen and the first aid kit.

Let's spread out our blanket under that old oak tree.

I brought the plates, cups, napkins, forks, and spoons.

Will you please pass me the potato chips?

Does anyone have mosquito spray? I'm getting bit!

Would you like iced tea or lemonade to drink?

Let's have a watermelon seed spitting contest!

If ants are such busy workers, how come they find time to go to all the picnics? – Marie Dressler

Conversation Exercise (72-78dB): *Name 5-10 items in each category. Concentrate and say every word with INTENT.*

Picnic foods and drinks

Flowers that bloom in the spring

Outdoor games

Insects and birds

How to stay cool on a picnic

First aid supplies

Water activities

Characteristics of an ideal picnic location

Types of chips

Baby supplies to bring to a picnic

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT A RESTAURANT

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 **2** **3** **4** STOP

5 **6** **7** **8** STOP

9 **10** **11** **12** STOP

13 **14** **15** **16** STOP

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

There's a parking space.

Table for two, please.

How long is the wait?

Do you have any specials?

Let's order an appetizer.

May I have some water?

Open the bottle of wine.

Pass the bread basket.

We're ready to order.

I'll have a cup of soup.

Pass the salt.

The food smells delicious.

Will you get our waiter?

Let's share a dessert.

I would like some coffee.

Do you have hot tea?

We're ready for the check.

May I have a to-go box?

We'll be back next week!

Thank you very much.

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

A new Italian restaurant just opened last week on Main Street.

I need to make a reservation for six for this Saturday evening.

We would like a quiet table by the window, please.

Tonight, we are celebrating my daughter's birthday.

Yes, we would love to hear about the chef's specials.

Will you please tell us which soups you are serving today?

I can't decide between the chocolate cake and the apple pie.

Has the gratuity already been added to this bill?

Will you please give our compliments to the chef?

I judge a restaurant by the bread and by the coffee. – Burt Lancaster

Conversation Exercise (72-78dB): *Discuss the following topics related to dining at a restaurant. Concentrate and say every word with INTENT.*

What should be considered when choosing a restaurant for a special celebration?

Describe the best meal you have ever had at a restaurant.

What are some tips for improving communication while dining out?

What are some factors that contribute to restaurants going out of business?

If you could dine at any restaurant in the world, which one would you choose?

Describe the fast food restaurants in your area and how they are alike and different.

Describe the life-long lessons that a teenager could learn by working at a restaurant.

Figure out 20% gratuity for the following restaurant bills:
\$100, \$20, \$50, \$80, \$120, \$42, \$70, \$62, \$25, \$8

LIVE
with
INTENT!



SPEAK OUT AT THE BEACH

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Let's go to the beach.

Where is my towel?

Bring your hat.

Don't forget the sunscreen!

Pack the ice chest.

Bring the snacks.

Here's a good spot.

Look at the seashells!

I caught a fish!

The waves are high.

Are there any sharks?

Where is the lifeguard?

The water is cold!

Watch out for jellyfish!

Let's build a sandcastle.

Catch the frisbee.

It sure is hot.

Pass me a cold drink.

It is getting late.

Time to go home!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Today is a perfect day to take the family to the beach.

Let's pack our towels, sunscreen, and some cold drinks.

I found a great spot! Let's set up the umbrella.

I'm going to sit in my beach chair and read a book.

The children are building a sandcastle using their shovels and their pails.

Look at the people surfing in the water. How fun!

Let's take a walk along the beach and look for seashells.

It is time to pack everything up and go home!

*Beach Rules: Soak up the sun. Ride the waves. Breathe the salty air.
Feel the breeze. Build sandcastles. Rest, relax, reflect. Collect seashells.
Bare-feet required. – Unknown*

Conversation Exercise (72-78dB): *Discuss the following topics related to spending a day at the beach. Concentrate and say every word with INTENT.*

Describe some family beach activities.

What are practical ways people can avoid sunburn?

Make a list of appropriate foods to take to the beach.

Make a list of inappropriate foods to take to the beach.

What are some safety rules for a day at the beach?

If you were going fishing, what equipment would you need to pack?

Describe a day you spent at the beach as a child or as an adult.

Make a list of ocean animals and describe which ones you should avoid.

Make a list of popular travel destinations that include beaches.

What are some precautions people should take at the beach?

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT THE ZOO

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Two tickets, please.

We need a map.

Let's go this way.

Hold my hand.

Look over there!

Where are the monkeys?

Watch your fingers!

What's that smell?

Don't feed the animals.

I see the tiger!

Look at the baby elephant.

That snake is huge.

What does it eat?

There are three hippos.

How tall is the giraffe?

I'm thirsty!

Let's buy a snack.

I'm getting tired.

Time to go home.

Walk with **INTENT!**

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Let's take the grandkids to the zoo this weekend.

The hippopotamus is expecting a baby in the next two months.

My daughter, the zookeeper, is going to give us a special tour.

The map says that the gorilla exhibit is this way!

We packed some sandwiches and potato chips for lunch.

Look at the cockatoo! It's dancing to the music!

We're not supposed to feed the animals the same food that we eat.

We can't leave the zoo without seeing the giraffes.

I see two baby lion cubs sitting under that big tree.

Zoo animals are ambassadors for their cousins in the wild. – Jack Hanna

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Name the most popular animals at the zoo.

Describe the various jobs at the zoo. Which one would you select?

Describe the signage you would see throughout a zoo.

What are some precautions that families should take when visiting a zoo?

What are some controversies people have about zoos?

List the animals you might find in a petting zoo.

Describe what you would see at the “reptile and amphibian house.”

Describe the most impressive zoo you have ever visited.

What are some items you might find in a zoo gift shop?

Besides the zoo, what are some other places to learn about animals?

LIVE
with
INTENT!



SPEAK OUT AT A JEWELRY STORE

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 **2** **3** **4** STOP

5 **6** **7** **8** STOP

9 **10** **11** **12** STOP

13 **14** **15** **16** STOP

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BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

We're going to Tiffany's!

Let's look at the rings.

There are too many choices.

Wow! That's gorgeous!

The diamond is flawless.

Is that platinum?

How much is it?

May I try it on?

What is my ring size?

Look at it sparkle!

It is beautiful!

Can it be engraved?

Let's look at the necklaces.

Gold or silver?

Long or short?

This clasp is tricky.

How does it look?

It's hard to decide.

I'll take the ring.

Wrap it in the blue box!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

The jewelry store on the corner is having a sale this weekend.

My watch stopped working. Will you please change the battery?

I would like to have my wedding ring and this bracelet cleaned.

The clasp broke on my gold necklace. Can you fix it?

How long will it take to have our wedding rings sized and engraved?

I'm buying a graduation gift for my niece. Do you have a suggestion?

I would like to buy a ring that has my birthstone in it.

Every young man is nervous when selecting an engagement ring.

When we long for life without difficulties, let us remember that oak trees grow strong in contrary winds and diamonds are made under pressure.

– Peter Marshall

Conversation Exercise (72-78dB): *Make up new words using just the letters in the words listed in the first column. For extra practice, make up sentences.*

Charm Bracelet:	lace	match	_____	_____	_____
Designer Jewelry:	sew	_____	_____	_____	_____
Diamond Earrings:	dear	_____	_____	_____	_____
Magnetic Clasp:	_____	_____	_____	_____	_____
String of Pearls:	_____	_____	_____	_____	_____
Heart-Shaped Cut:	_____	_____	_____	_____	_____
Engagement Ring:	_____	_____	_____	_____	_____
Blue Sapphire Ring:	_____	_____	_____	_____	_____
Pear-Shaped Cut:	_____	_____	_____	_____	_____
Infinity Bracelet:	_____	_____	_____	_____	_____

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT AT A GRADUATION PARTY

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

Congratulations!

You did it!

I'm proud of you.

You're a winner!

Best wishes for the future.

Follow your dreams.

Do what you love.

What are your plans?

Do you have a job?

Pay off your loans.

When are you moving out?

Where do I put my gift?

Where's the bar?

Cheers to the graduate!

Let's get some food.

Cut the cake.

Dance with me.

Time to open the gifts!

What a great party!

Thank you for inviting me.

Reading Exercise (75-85dB): Read each sentence two times. The second time, use MORE INTENT!

We do not need magic to change the world. We carry all the power we need inside ourselves already. – J.K. Rowling

All our dreams can come true if we have the courage to pursue them. – Walt Disney

You are never too old to set another goal or to dream a new dream. – C.S. Lewis

Remember to celebrate milestones as you prepare for the road ahead. – Nelson Mandela

Without continual growth and progress, such words as 'improvement, achievement, and success' have no meaning. – Benjamin Franklin

Your success and happiness lie in you. Resolve to keep happy, and you shall form an invincible host against difficulties. – Helen Keller

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty. – Winston Churchill

Conversation Exercise (72-78dB): Name 5-10 items in each category.
Concentrate and say every word with INTENT.

Appropriate jobs for high school students

High school graduation gifts

Advice for high school graduates

Appropriate foods and drinks to serve at a high school graduation party

Appropriate jobs for college students

College graduation gifts

Advice for college graduates

Appropriate food and drinks to serve at a college graduation party

List of universities

List of professions that require a college degree

LIVE
with
INTENT!



SPEAK OUT AT A CONCERT

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1

2

3

STOP

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STOP

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STOP

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STOP

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BE DELIBERATE!

Reading Exercise (75-85dB): *Read each sentence two times. The second time, use MORE INTENT!*

I bought season tickets.

The show starts at seven.

Find a parking space.

Do you have the tickets?

Where are our seats?

Let's find the usher.

Excuse me, please.

You are in my seat.

Silence your cellphone.

Let's review the program.

Who is the conductor?

It's cold in here.

Quiet, please.

Shhh... it's starting.

Hold your applause.

Bravo! Bravo!

The intermission is twenty minutes.

Encore!

Keep clapping!

The concert was amazing!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

I would like to purchase two tickets for Saturday's concert.

We are meeting at the concert hall at six o'clock.

The guest soloist performing tonight is from Italy.

The children's chorus always performs during the holidays.

We should find our seats. The concert begins in five minutes.

The orchestra will perform Beethoven's "Symphony Number 5."

Tonight's show was the best performance I have ever attended!

How do you get to Carnegie Hall? Practice, practice, practice!

How do you keep your voice strong? Practice, practice, practice!

Life is like a piano. White keys are happy moments, and black ones are sad moments. Both keys are played together to give us the sweet music called "life." — Suzy Kassem

Conversation Exercise (72-78dB): *Say and spell each word. Then, make up a sentence. Concentrate and say every word with INTENT.*

Symphony

Conductor

Applause

Ticket

Intermission

Violin

Soloist

Whisper

Broadway

Music

Usher

Audience

Rehearsal

Opera

Costumes

Standing ovation

Matinee

Guest artist

Seats

Encore!

LIVE
with
INTENT!



PARKINSON VOICE PROJECT

SPEAK OUT ON NEW YEAR'S EVE

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 **2** **3** **4** STOP

5 **6** **7** **8** STOP

9 **10** **11** **12** STOP

13 **14** **15** **16** STOP

SPEAKING WITH INTENT MEANS TO...

FOCUS

CONCENTRATE

BE PURPOSEFUL

BE MINDFUL

TAKE CONTROL OF YOUR SPEECH

PUT FORTH CONSCIOUS EFFORT

SAY IT LIKE YOU MEAN IT

BE DELIBERATE!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use **MORE INTENT!**

December 31st.

Happy New Year!

Let's party!

Blow the horn!

Wear the funny hat!

Pop open the champagne!

Cheers!

Make a toast!

Dance with me!

Smile for the camera!

Sing with INTENT!

Start the countdown!

10, 9, 8, 7...

Look at the fireworks!

Give me a big kiss!

It's a fresh start!

Turn over a new leaf!

Set some goals.

New Year's resolutions!

Celebrate with INTENT!

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT!*

Should old acquaintance be forgot,

And never brought to mind?

Should old acquaintance be forgot,

And old lang syne?

Chorus:

For auld lang syne, my dear,

For auld lang syne,

We'll take a cup of kindness yet,

For auld lang syne.

Conversation Exercise (72-78dB): *Discuss the following topics with INTENT.*

Plan a New Year's Eve party with a budget of \$1,000,000.

Plan a New Year's Eve party with a budget of \$100.

Describe the best New Year's Eve party you ever attended.

Discuss common New Year's resolutions that people make.

Discuss why people find it challenging to keep their New Year's resolutions.

What is one improvement you could make in managing Parkinson's that has the potential to improve many other areas?

What does "deliberate practice" mean? Discuss how you can incorporate "deliberate practice" into your physical and vocal exercise routine.

Discuss how you can improve the management of your Parkinson's medications.

LIVE
with
INTENT!

