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Medical Engineering Students Designing Innovations for a Cause

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May Issue

Monthly Recap and MEDIC News.

by **Jessica Jung** on May 17, 2021

Welcome to the May issue of our MEDIC newsletter! This month, MEDIC hosted our first ever online event, Mothers Day Gentle Flow Yoga with Avatara Yoga. This yoga event was hosted by the lovely Kelly Yee! Make sure to check out her website and the social media links below for more information. In this newsletter, we will be highlighting the important progress MEDIC has made this month regarding the Mothers Day Gentle Flow Yoga event, and our ongoing research project for Parkinson's Disease.

MEDIC has been working on many other projects as well. We just launched our new website: <https://www.medicfoundation.org/>! Additionally, the research team is progressing through the Project for Parkinson's Disease. Our team was able to navigate and develop a project to combat the mental health challenges associated with COVID-19 to provide a solution to patients diagnosed with Parkinson's Disease.

Lastly, as we are still in the middle of the COVID-19 Pandemic, please remember to take care of yourselves, stay home when you can, wash your hands, and respect your local health guidelines!

THIS MONTH'S
TOP STORIES

MEDIC's Gentle Flow with Avatara Yoga



avatara
yoga & integrative health

Avatara Yoga with Kelly Yee.

Summary by **Michelle Chen** on May 24, 2021

Thank you to all who joined and made our first online event a success! Thank you so much to Kelly Yee of Avatara Yoga for guiding us through Gentle Flow Yoga! Gentle Flow Yoga aims to deepen awareness of your body while keeping your mind in the present state. A sequence of postures is used to activate your muscles and improve strength and flexibility.

Avatara Yoga offers individual or group in-person classes, as well as live online group classes. They also offer group workshops, private and semi-private therapy, as well as events and conferences. For more information on Avatara Yoga, please visit their website <https://www.avatarayoga.com/> or follow Kelly on Instagram ([@kellyyeeeyoga](https://www.instagram.com/kellyyeeeyoga)). Follow Team MEDIC on Instagram ([@the.m.e.d.i.c.team](https://www.instagram.com/the.m.e.d.i.c.team)) and Facebook ([@teammedicubc](https://www.facebook.com/teammedicubc)) so you don't miss our next event and giveaway!

****GIVEAWAY WINNER ANNOUNCEMENT:** Congratulations to **Alexandra Svoboda**, the winner of our giveaway! You've won a **\$25 Costco gift card!****

MEDIC's Parkinson's Disease Project

Summary by [Russell Sumarno](#) on May 28, 2021

As COVID-19 continues to ravage globally, most, if not all, of the world's population is aware of the physical effects that COVID-19 has caused. On May 28th, 2021, Chief Public Health Officer Dr. Theresa Tam said that Canada's third wave appears to be on the decline and the number of new cases is expected to continue dropping, which can be attributed to measures such as social distancing. However, according to a study done by Mukhtar S., social distancing guidelines also directly relate to an increase in depression and anxiety. This is especially true for seniors living in elderly care homes nationwide, who have been isolated from their family members for extended periods of time. Additionally, neurological disorders such as Parkinson's disease, which affects 171.5 per 100,000 people aged 85 and over in Canada, have made the elderly more susceptible to mental health disorders.

Most of the elderly population does not have access to the resources required to help cope with the stress and anxiety that COVID-19 has brought upon them. Lack of knowledge regarding smart technology, social circle, or cognitive biological resources may exacerbate these mental health challenges.

At Team MEDIC, we have a common goal, which is to help improve the quality of health in needy communities around us. In light of these realizations, Team MEDIC has been developing a project to combat the aforementioned challenges and provide a solution for elderly patients diagnosed with Parkinson's disease. Our Research team has been hard at work, creating a wearable device that aims to target the anxiety, depression, and tremors that are commonly experienced by patients diagnosed with Parkinson's disease. This wearable device will make use of Deep Pressure Stimulation (DPS). To keep up to date with Team MEDIC's progress, follow our socials linked below!

MEDIC's New and Improved Website

Last but not least... check out our brand new website at medicfoundation.org! Let us know what you think and if there's anything you'd like to see added to our website! Do you have something you think would be worth featuring or spotlighting next month? Notice any issues viewing or accessing our website? We appreciate all feedback, so don't hesitate to contact us!

Thank you for subscribing to our newsletter and supporting our initiative! Have a marvelous Monday and don't forget to tune into next month's issue!

[CHECK OUT OUR WEBSITE](#)

References

Mukhtar S. (2020). Psychological impact of COVID-19 on older adults. *Current medicine research and practice*, 10(4), 201-202.
<https://doi.org/10.1016/j.cmrp.2020.07.016>



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Located on the traditional, ancestral, and unceded territory of the hənq̓əminəm'-speaking xʷməθkʷəy̓əm people, now known as Vancouver, BC.

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