2017 Guide To Parkinson’s Empowerment Programs
Florida Hospital Parkinson Outreach Center

Contact Us! Phone: 407-303-5295
Email: FH.Parkinson@flhosp.org
Web: Floridahospitalneuro.com and on Facebook!
Programs and Services Offered by the Parkinson Outreach Center

Group meetings/Support
Wellness and exercise programs
Education programs
Caregiver support and education
Information and referral
Short term counseling in office or by phone
Quarterly newsletter
Lending library and free education materials

Mark Your Calendars!

Parkinson’s: Brain and Beyond Conference
Friday, March 31, 2017 10:00 am-2:30
Hilton Altamonte Springs, FL
Details for registration coming soon!

Parkinson Association of Central Florida
Walk for Parkinson’s
Saturday, April 1, 2017 8:00-11:00 am
Cranes Roost, Altamonte Springs
Registration Details coming soon!
Checkout the website: parkinsoncf.org
**Support Day Programs and Support Groups**

**Parkinson Support Day Programs:**
These are programs that are held twice a month in two locations of Orlando; Orlando (Central location) and Longwood (North location) that include support group meetings, educational presentations, music therapy sessions, exercise classes and caregiver breakout support group meetings. Start time 10:00 am.

**North Location:** St. Stephen’s Lutheran Church  
2140 West State Road 434  
Longwood, FL 32779
2nd and 4th Tuesdays monthly

10:00-11:00 social time and group meeting  
11:00-12:00 educational presentation (2nd Tuesday)/Music Therapy (4th Tuesday)  
12:00-12:45 exercise class/caregiver breakout session  
12:45 social hour/lunch

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<th>Date</th>
<th>Program</th>
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<tr>
<td>Jan 10</td>
<td>Stages of care resources</td>
<td>July 11</td>
<td>Treating off episodes</td>
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<tr>
<td>Jan 24</td>
<td>Music Therapy/Caregiver meeting</td>
<td>July 25</td>
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<td>Feb 14</td>
<td>Maintaining mobility in home and community</td>
<td>Aug 8</td>
<td>TBD</td>
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<tr>
<td>Feb 28</td>
<td>Music Therapy/Caregiver presentation</td>
<td>Aug 22</td>
<td>Music Therapy</td>
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<td>March 14</td>
<td>Nutritional needs in Parkinson’s</td>
<td>Sept 12</td>
<td>Intimacy in PD</td>
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<tr>
<td>March 28</td>
<td>Music Therapy</td>
<td>Sept 26</td>
<td>Music Therapy</td>
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<tr>
<td>April 11</td>
<td>Exploring available treatments-DUOPA</td>
<td>Oct 10</td>
<td>Brain donation/research</td>
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<td>April 25</td>
<td>Music Therapy</td>
<td>Oct 24</td>
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<td>May 9</td>
<td>Functional Medicine approach to PD</td>
<td>Nov 14</td>
<td>Stress and anxiety</td>
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<td>May 23</td>
<td>Music Therapy</td>
<td>Dec 12</td>
<td>Holiday party</td>
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<tr>
<td>June 13</td>
<td>Research updates in PD</td>
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<td>June 27</td>
<td>NO MEETING</td>
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**Central Location:** Florida Hospital Church  
2800 N Orange Ave  
Orlando, FL 32804
2nd and 4th Thursdays monthly

10:00-11:00 social time and group meeting  
11:00-12:00 educational presentation (2nd Thurs)/Music Therapy (4th Thurs)  
12:00-12:45 exercise class/caregiver breakout session  
12:45 social hour/lunch

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**Young Onset Support Group (YOPD)**
Young onset Parkinson’s disease support group meetings are for those under 50 diagnosed with PD and their loved-one’s. Those with YOPD are in a different stage of life, often still working, and may have young children at home. These meetings are held every-other month on the 1st Thursday evening from 6:30-8:00 pm. Contact the Parkinson Outreach Center for more information. 407-303-5295

2017 Dates:
Jan 5 Legal/estate issues/SS disability
March 2 Support group discussion
May 4 Mood issues in PD
July 6 Support group discussion
Sept 7 Intimacy in PD
Nov 2 Support group discussion

**Lake County Support Group**
Florida Hospital Waterman
1000 Waterman Way
Tavares, FL

2nd Monday Monthly
1:00-2:00 group discussion or presentation
2:00-3:00 exercise/caregiver breakout session

Date: Program
Jan 9 Exploring available treatments
Feb 13 Group discussion
March 13 Parkinson update-Dr. Nieves
April 10 Why you should see an elder law attorney
May 8 Benefits of care managers
June 12 Group discussion
July Group discussion
Aug 14 Intimacy in PD
Sept 11 Group discussion
Oct 9 Nutritional needs in PD
Nov 13 Group discussion
Dec 11 Holiday party

**Celebration Health Support Group - Coming Soon!**
400 Celebration Place
Celebration, FL
Every-other month depending on interest level. Call for details 407-303-5295

**All group presentation topics/speakers are subject to change**
**PD 101 What You and Your Family Should Know**

PD 101 is a basic overview of Parkinson’s disease symptoms, treatments and information to help the newly diagnosed or those who need a better, general understanding of the disease. The class is offered quarterly at One Senior Place in Altamonte Springs, and is also offered on a limited basis in other areas including Lake County and in Osceola County at Florida Hospital Celebration. Registration is required. For more information contact 407-303-5295.

**One Senior Place**
715 Douglas Ave.
Altamonte Springs, FL

**Florida Hospital Waterman**
1000 Waterman Way
Tavares, FL
(CREATION Conf room)

**Celebration Health**
400 Celebration Pl
Celebration, FL
(The Palms Conf room)

Dates:
Jan 16-2:00 pm to 3:30 pm
May 15-2:00 pm to 3:30 pm
Aug 21-2:00 pm to 3:30 pm
Dec 18-2:00 pm to 3:30 pm

Jan 20-2:00-3:30 pm
Feb 22-2:00-3:30 pm

**COPE-Care Optimally Parkinson Education for Caregivers**

Has your loved one been diagnosed with Parkinson’s disease? You may have many questions about what this means and how you should prepare. That’s why we created Care Optimally Parkinson Education (COPE), a caregiver education program that prepares you for your journey, including managing your own needs and stress. COPE is not just a caregiver education program. It is also a support group and offers individual counseling sessions on a short-term, as-needed basis. This program is offered at various locations and times. Registration is required. For additional information contact 407-303-5295.

**Easter Seals Day Break**
(offers care for loved one if needed)
2010 Mizell Ave
Winter Park
Four Wednesday sessions 10:00-12:30 pm
Jan: 4, 11, 18, and 25th
April 5, 12, 19, and 26th
Aug 2, 9, 16, and 23rd
Oct 4, 11, 18, and 25th
Feb 3 and 10
May 5 and 12
Sept 1 and 8
Nov 3 and 10

**One Senior Place**
715 Douglas Ave
Altamonte Springs

**Celebration Health**
400 Celebration Place
Celebration, FL (The Palms Conf room)
Two Successive Monday sessions 1:00-5:00 pm
Feb 20th and Feb 27th, 2017

**Florida Hospital Waterman**
1000 Waterman Way
Tavares, FL (CREATION Conf room)
Two successive Friday session 1:00-5:00 pm
March 3rd and 10th, 2017
Parkinson’s: Brain and Beyond Conference
Every year the Parkinson Outreach Center provides a free annual Parkinson’s conference for people with Parkinson’s and their loved ones. This program seeks to provide the latest information on Parkinson’s treatment, research and inspiration. Each year experts in the field are brought in along with a variety of local resources to encourage, equip and educate the community. The 2017 Brain and Beyond Conference will be held on Friday, March 31, 2017 at the Hilton Altamonte Springs from 10:00 am to 2:30 pm. More information will be provided regarding registration and program content.

Wellness/Exercise Programs

**CHEER>UP Drama Therapy Group**
This group uses drama techniques such as improv, humor, mime, voice work, and skits to address Parkinson’s issues such as mood, voice, communication and movement. Actors use their voice, movement and expression in an exaggerated way on stage. These techniques are used to address PD in a fun, interactive and stimulating way. Held once a month on the 3rd Tuesday from 2:00 to 3:00 pm at the Florida Hospital Church, 2800 N orange Ave, Orlando. For both PwP and caregiver. FREE call for info 407-303-5295

**What’s Shakin’? Drama Therapy for Kids**
A new drama therapy group for children between the ages of 9-13 whose parent or grandparent has PD. This program is a fun and interactive group that helps children understand PD symptoms, explores their feelings and gives them a chance to express themselves in a fun and safe way using metaphor, skits, art, drama games, and more. Led by a registered drama therapist and PD social worker. This program will be offered quarterly beginning on Feb 2 at 6:00 pm. For more information call the POC office-registration is required. 407-303-5295.

**Movement as Medicine**
This is a class that incorporates various dance and movement forms to address balance, flexibility, and spatial awareness with live musical accompaniment. Held twice a month on the 1st and 3rd Thursday from 2:00 pm to 3:15 pm at the Florida Hospital Church, 2800 N Orange Ave, Orlando. $5 donation per couple suggested. Call for info 407-303-5295.

**PWR! Parkinson Wellness Recovery**
An Exercise class that utilizes HIGH EFFORT for bigger and faster movements while directing your attention on “how it feels” to use your full movement potential. Emphasis is on optimal functioning. Offered at Florida Hospital Sports Medicine and Rehab in various locations, dates and times. Fees apply, for more information contact the location nearest you:
Lee Rd/Adanson (407) 303-8041
Altamonte Springs (407) 303-5465
Lake Mary (407) 323-0399
Apopka (407) 889-1039
Winter Park (407) 646-7711
East Orlando (407) 303-8626

**KOPD-Knock Out Parkinson’s Disease boxing program offered in several locations. This is a non-sparring exercise class using shadow boxing, punching bags, speed bags and other equipment to address PD symptoms targeting strength, balance, flexibility and cardio. For club location and info call 407-303-5295. Fees apply.**
**Living Out Loud** - A new voice therapy group for those who have completed the LSVT Loud® speech therapy program and would like to work on maintaining skills. Offered monthly on the 3rd Tuesday from 1:00 to 1:45 pm at the Florida Hospital Church. This program does have a fee of $75 dollars for twelve month sessions ($6.25 a class) payable at the beginning of the program. For more information or to register call the Parkinson Outreach Center at 407-303-5295.

**Other Non-Florida Hospital Programs**

**Pedaling for Parkinson’s** - A program of the Crosby Wellness Center currently being held at the Winter Park YMCA, the Pedaling for Parkinson’s program uses high cadence cycling (80-90 rpm) on spin bikes in a fun and interactive group class just for those with PD and their caregiver. Classes are held three times a week on Monday, Wednesday and Friday from 2:00 pm to 3:00 pm. For more information contact Debbie Apple at 321-356-7899. Fees apply.

**PD Fun Golf League** - A fun and casual golf program for those with Parkinson’s. This program is held monthly and offers 19, 9, or 4 hole clinic options at Falcon’s Fire Golf Club. Run by a PGA gold professional. For more information contact John Hughes at john@johnhugesgolf.com or 407-852-8547 fees apply.

**PACF-Parkinson Association of Central Florida**

The local association that helps to raise awareness and funds which support the local programs. Each year, PACF holds an annual Walk for Parkinson’s which will be held on Saturday, April 1, 2017 at Cranes Roost Park. Registration details will be posted on their website: parkinsoncf.org.

Check us out on social media:

Parkinson Outreach Center at Florida Hospital Neuroscience Institute

Parkinson Association of Central Florida
Helpful Resources

**Parkinson’s Resources:**

*Parkinson Association of Central Florida*
Website: Parkinsoncf.org  
Phone: 321-348-7223

*National Parkinson Foundation*: free educational resources, webinars and helpline  
Website: Parkinson.org  
Phone: 800-4PD.info (473-4636)

*Parkinson Disease Foundation*: funds research, offers free educational resources, webinars and helpline  
Website: PDF.org  
Phone: 800-457-6676 or info@pdf.org

*APDA-American Parkinson Disease Foundation*: funds research, offers free educational resources.  
Website: apdaparkinson.org  
Phone: 800-223-2732

*David Phinney Foundation*: offers inspiration, education and wellness resources including webinars, DVD’s and other educational tools.  
Website: davisphinneyfoundation.org

*Michael J Fox Foundation*: Funds Parkinson’s research and offers the Fox Trial Finder where one can register, develop a profile and be linked to current research studies.  
Website: Michaeljfox.org

*Melvin Weinstein Foundation*: A not-for-profit organization that helps people with PD obtain equipment and other needs when one cannot afford it, in order to live safe and independently.  
Website: MWPF.org

**Other Resources:**

Senior Resource Alliance-1-800-963-5337  
One Senior Place-407-949-6733

Adult day care:

Share the Care-407-423-5311  
Easter Seals Day Break 407-629-4565

For additional resources and assistance call the Parkinson Outreach Center office  
407-303-5295.