



# Advent Health

## The Parkinson's & Movement Disorder Outreach Program

The Parkinson's & Movement Disorder Outreach Program (PMDOP) was founded in 2004. Since that time, the program has been offering support, education, and wellness programs to the Central Florida community **free of charge**. Staffed by social workers, the PMDOP is devoted to helping people live an empowered life with Parkinson's and movement disorders.

### Program & Services Offered:

- Free virtual & in-person support groups for patients & caregivers
- Long term care planning
- Wellness and exercise programs
- Education programs
- Caregiver support and education
- Information and referrals
- Care Consultation (support through major diagnoses or life changes)
- Weekly newsletters
- Community events

### What are some commonalities of a Movement Disorder?

*A Movement Disorder is an umbrella term that refers to a neurological condition that causes problems with movement such as, but not limited to:*

- Abnormal movement that can be voluntary or involuntary
- Decreased or slow voluntary movements
- Loss of coordination

### What are some examples of Movement Disorder Diagnoses?

- Parkinson's Disease (PD)
- Huntington's Disease (HD)
- Multiple System Atrophy (MSA)
- Progressive Supranuclear Palsy (PSP)
- Lewy Body Dementia (LBD)
- Essential Tremor (ET)

## Questions?

Email us at: [ORL.Parkinson@AdventHealth.com](mailto:ORL.Parkinson@AdventHealth.com)

or call us at: **407-303-5295**



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## The Parkinson's & Movement Disorder Outreach Program 2022 VIRTUAL Support Groups

<b>Support Group:</b>	<b>Date(s):</b>	<b>Time(s):</b>	<b>Who is the Group For?</b>
<b>Gentlemen's Support Group</b>	4 <sup>th</sup> Thursday Monthly	11am to 12pm	<i>Gentlemen who have been diagnosed with Parkinson's Disease or another movement disorder</i>
<b>"In Good Company" Ladies' Support Group</b>	2 <sup>nd</sup> Tuesday Monthly	12pm to 1pm	<i>Ladies who have been diagnosed with Parkinson's Disease or another movement disorder</i>
<b>Care Partner Connect</b>	Every 3 <sup>rd</sup> Thursday	1pm to 2pm	<i>Caregivers or care partners who are affected by their loved one's diagnosis of Parkinson's Disease or other Movement disorders</i>
<b>"Better Together" Young Onset &amp; Newly Diagnosed</b>	2 <sup>nd</sup> Tuesday Monthly	5:30pm to 6:30pm	<i>Individuals who were diagnosed with a Movement Disorder when they were 50 years of age or younger <u>OR</u> Those recently diagnosed with a Movement Disorder regardless of age</i>
<b>MSA &amp; PSP Support Group</b>	2 <sup>nd</sup> Thursday Monthly	2pm to 3pm	<i>Individuals who have been diagnosed with MSA or PSP, as well as their care partner or loved ones</i>
<b>HD Support Group</b>	3 <sup>rd</sup> Tuesday Monthly	1pm to 2pm	<i>Individuals who have been diagnosed with Huntington's Disease, as well as their care partner or loved ones</i>
<b>"Fannie's Friends" Daughters &amp; Granddaughters</b>	2 <sup>nd</sup> Wednesday monthly & 4 <sup>th</sup> Wednesday Monthly	6pm to 7pm & 1pm to 2pm	<i>ADRC collaboration support group for Daughters &amp; Granddaughters who are affected by their loved one's cognitive impairment diagnoses</i>

**Join Us on Zoom:**

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## The Parkinson's & Movement Disorder

### Outreach Program VIRTUAL 2022 Wellness Programs

<b>Program:</b>	<b>Dates:</b>	<b>Times:</b>	<b>Program Overview:</b>
<b>Rock Steady Boxing</b>	<b>3<sup>rd</sup> Thursday Monthly</b>	12pm to 1pm	Exercise class focused on improving quality of life through a non-contact, boxing-based fitness curriculum
<b>Movement as Medicine</b>	<b>3<sup>rd</sup> Tuesday Monthly</b>	2pm to 3pm	Exercise class that incorporates various dance and movement forms to address balance, flexibility and spatial awareness with live musical accompaniment
<b>NeuroMove Adaptive Exercise Class</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday Monthly</b>	12pm to 1pm	Exercise class designed for anyone with a neurological diagnosis. The goal is to build your strength and stamina as well as help you to create more stability around sitting and standing. This class is for all ages and stages of life. Care-partners encouraged to participate!
<b>Music Therapy</b>	<b>Every Tuesday</b>	11am to 12pm	Program that aims to address nonmusical functions such as motor movement, communication, and cognition. Music therapy can increase activity in the reward centers of the brain.
<b>NOVA's Speak Out! &amp; LOUD Crowd Group</b>	<b>Every Monday, Wednesday, &amp; Friday</b>	2 pm to 3 pm	The Nova Southeastern University (NSU) Speech and Language Department offers treatment group on various topics for both the person with a movement disorder and the care partner to help improve speech and swallowing.
<b>Fit Minds Wellness Class</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday Monthly</b>	1pm to 2pm	These sessions focus on engaging participants in brain-stimulating activities.
<b>Functionally Fit</b>	<b>3<sup>rd</sup> Thursday Monthly</b>	11am - 12pm	Under the supervision of an exercise physiologist, Functionally Fit revolves around functional strength-training exercises, including interval training that aims to improve cardiovascular fitness, mobility, motor control and balance.

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## The Parkinson's & Movement Disorder Outreach Program 2022 IN-PERSON Support Groups & Wellness Programs

<b>Group/Program:</b>	<b>Date(s):</b>	<b>Time(s):</b>	<b>Who is the Group/Program For?</b>
<b>Movement as Medicine</b>	1 <sup>st</sup> Tuesday Monthly	2pm to 3pm	<i>Exercise class that incorporates various dance and movement forms to address balance, flexibility and spatial awareness with live musical accompaniment</i>
<b>Rock Steady Boxing</b>	1 <sup>st</sup> Thursday Monthly	12pm to 1pm	<i>Exercise class focused on improving quality of life through a non-contact, boxing-based fitness curriculum (This class operates in conjunction with the caregiver support group)</i>
<b>Care Partner Connect</b>	1 <sup>st</sup> Thursday Monthly	12pm to 1pm	<i>Caregivers or care partners who are affected by their loved one's diagnosis of Parkinson's Disease or other Movement disorders (This Group pairs with the in-person Rock Steady class so both you and your loved one can attend simultaneously)</i>
<b>Art Therapy</b>	Twice Yearly Feb. 22 <sup>nd</sup> & Aug. 23 <sup>rd</sup>	1pm to 3pm	<i>This program is designed to be rejuvenating and recharging and meant for both those diagnosed or care partners. These sessions offer a brief education followed by an immersive therapeutic art activity. *Please note, RSVP is Required due to a limited space*</i>
<b>Main PMDOP Group</b>	Occurs on Odd Months 1 <sup>st</sup> Wednesday (Some exceptions apply)	12pm to 2pm	<i>Individuals diagnosed with Parkinson's disease or any other parkinsonism, as well as their care partners and loved ones. This Group always offers refreshments, an education, and an activity. See below for dates &amp; specific. *Please note, RSVP is Required due to a limited space*</i>

### Main PMDOP Schedule:

<b>DATE:</b>	<b>ACTIVITY/EDUCATION:</b>
01/05/22	"New Year, New You" & Tackling Mental Health
03/02/22	"Reframing Negativity", Pet Therapy, & an Inside look at Case Management
05/04/22	"Tips & Tricks for Cognitive Functioning", Memory Care Preview, & Fit Minds Activity
07/06/22	"What is DBS?" & Movement Disorder Bingo with Prizes!
09/07/22	"Understanding Duopa" & Personality Quiz/Activity
12/07/22	PMDOP Holiday Gathering – Sponsor potluck & 2023 Program Reveal!

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## PMDOP & Brain Health 2022 Speakers & Educations:

*\*All Educations are currently virtual & are completely free. Please call or email for more details\**

<b>Date:</b>	<b>Topic:</b>
01/13	<i>American Disability Act - Know Your Rights</i>
01/25	<i>Deep Brain Stimulation Treatment Education</i>
02/10	<i>Intimacy &amp; Connection After Diagnosis</i>
03/10	<i>The Psychology Around Chronic Pain</i>
3/22	<i>Duopa Pump Treatment Education</i>
04/14	<i>Legal Support: Planning for the Future</i>
05/12	<i>Clinical Services in the Home</i>
06/9	<i>In-Home Care Options</i>
07/14	<i>Navigating Disability Benefits</i>
08/11	<i>Long Term Care Planning with Medicaid</i>
09/8	<i>Understanding Medicare</i>
9/27	<i>The More You Know - BSCI Presents: "A Unique Parkinson's Education"</i>
10/13	<i>Nursing Home &amp; Retirement Living Options</i>
11/10	<i>Brain Health Conference Week – Inquire for Details</i>
11/22	<i>The More You Know- Abbvie Presents: "A Unique Parkinson's Education"</i>
12/8	<i>Dispelling the Myths of Hospice</i>

### **Brain Health Education Series: Living in Place**

This educational class is for anyone who has been diagnosed with a neurological, neuromuscular, and/or physical impairment. This class focuses on the importance of home safety during physical ability changes. Home modifications and durable medical equipment can increase your ability to continue to live in the comfort of your own home. Whether you're the caregiver or the patient, please join us for an interactive educational webinar hosted by an AdventHealth Occupational Therapist, Social Worker, and a DME provider.

**DATES: January 27 at 12pm, April 28 at 12pm, July 28 at 12pm, October 27 at 12pm**

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