



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 patients and their loved ones live an empowered life with Parkinson's and movement disorders.

Program & Services Offered:

- Free support groups for patients & caregivers
- Long term care planning
- Wellness and exercise programs
- Education programs
- Caregiver support and education
- Information and referrals
- Care Consultation
- Weekly newsletters
- Community events

MEET YOUR SOCIAL WORKERS:

	
Mia Watler, MSW	Tori Ricci, LCSW
Mia Watler graduated summa cum laude from the University of South Florida with her master's degree in social work. She is an experienced clinical professional with a demonstrated history of working in hospitals and health care industries. Her professional interests include clinical research, medical social work, and geriatric care. She joined the Parkinson's and Movement Disorder Community Outreach program in 2021 and is excited to continue supporting clients as they navigate their health care journey.	Tori Ricci graduated from Florida State University with her master's degree in Clinical Social Work. She has also completed a Master of Exercise Science from the University of Central Florida and is currently a PhD student at the International Institute of Clinical Sexology. She has a passion for working with couples facing neuro-related diagnoses and she is a former PD caregiver. She joined the Parkinson & Movement Disorder Outreach Program in 2020 and enjoys supporting the local community in long term wellness.

Questions?

Email us at: ORL.Parkinson@AdventHealth.com

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



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The Parkinson's & Movement Disorder Outreach Program 2023 VIRTUAL Support Groups

Support Group:	Date(s):	Time(s): EST	Who is the Group For?
Coffee & Community Support Group	1 st Thursday Monthly	11am to 12pm	Individuals diagnosed with Parkinson's disease or any other parkinsonism, as well as their care partners and loved ones.
Gentlemen's Support Group	4 th Thursday Monthly	11am to 12pm	Gentlemen who have been diagnosed with Parkinson's Disease or another movement disorder
Care Partner Connect Support Group	Every 2 nd & 4 th Thursday	2pm to 3pm	Caregivers or care partners who are affected by their loved one's diagnosis of Parkinson's Disease or other Movement disorders
"Better Together" Young Onset & Newly Diagnosed	2 nd Tuesday Monthly	5:30pm to 6:30pm	Individuals who were diagnosed with a Movement Disorder when they were 60 years of age or younger <u>OR</u> Those recently diagnosed with a Movement Disorder regardless of age
MSA & PSP Support Group	3 rd Thursday Monthly	2pm to 3pm	Individuals who have been diagnosed with MSA or PSP, as well as their care partner or loved ones
Caring for HD Support Group	3 rd Thursday Monthly	12pm to 1pm	Care partners or care givers who are caring for someone who has been diagnosed with Huntington's Disease
"Fannie's Friends" Daughters & Granddaughters	2 nd Tuesday monthly & 4 th Tuesday Monthly	6pm to 7pm & 1pm to 2pm	ADRC collaboration support group for Daughters & Granddaughters who are affected by their loved one's cognitive impairment diagnoses

Join Us on Zoom:

Please Register via email or by phone:

407-303-5295

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The Parkinson's & Movement Disorder Outreach Program VIRTUAL 2023 Wellness Programs

Program:	Dates:	Times: EST	Program Overview:
Rock Steady Boxing	1 st & 3 rd Wednesday Monthly	11am to 12pm	Exercise class focused on improving quality of life through a non-contact, boxing-based fitness curriculum
Movement as Medicine	1 st & 3 rd Tuesday Monthly	2pm to 3pm	Exercise class that incorporates various dance and movement forms to address balance, flexibility, and spatial awareness with live musical accompaniment
NeuroMove Adaptive Exercise Class	2 nd & 4 th Wednesday Monthly	11am to 12pm	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!
Music Therapy	Every Tuesday	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.
NOVA's Speak Out! & LOUD Crowd Group	Every Monday, Wednesday, & Friday	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.
Fit Minds	2 nd & 4 th Thursday Monthly	1pm to 2pm	These sessions focus on engaging participants in brain-stimulating activities.
Functionally Fit	3 rd Thursday Monthly	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.
Art Therapy	1 st Thursday of Month – Quarterly	1pm – 2pm	Led by a credentialed Art Therapist, this group will aim to enhance cognitive processes, activate fine and gross motor skills, improve memory, build neuroplasticity & executive functioning no previous artistic skill required. Dates: 3/2, 6/1, 9/7, 12/7

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The Parkinson's & Movement Disorder Outreach Program 2023
IN-PERSON Wellness Programs & Events

Group/Program:	Date(s):	Time(s):	Who is the Group/Program For?
Movement as Medicine	1st 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>
Parkinson's Symposium	April 7th 2023	12pm – 5pm	<i>Join us for a meal, fun, and education about all the latest Parkinson's research & treatment. You will hear from our movement specialist, dietitians, physical & occupational therapists, social workers, speech therapist, and a special keynote guest speaker. You will have a chance to participate in PD friendly activities as well! This event is for Parkinson's patients and their care partners or family.</i>
TBD Events	TBD	TBD	<i>We have a variety of events throughout the year. Please inquire for more details on what is coming up soon in your area!</i>

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Brain Health 2023 Speakers & Educations:

****All Brain Health Educations are on the 2nd Thursday of every month at 11am EST.***

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

Date:	Topic:
01/12	American Disability Act - Know Your Rights
02/09	Intimacy & Connection After Diagnosis
03/09	Navigating Disability Benefits
04/13	Legal Support: Planning for the Future
05/11	Clinical Services in the Home
06/08	In-Home Care Options
07/13	The Psychology Around Chronic Pain
08/10	Long Term Care Planning with Medicaid
09/14	Understanding Medicare
10/12	Nursing Home & Retirement Living Options
11/09	TBD
12/14	Dispelling the Myths of Hospice

Parkinson's (PD) 101 :

Have you or your loved one been diagnosed with Parkinson's Disease? Please join us for a virtual educational talk and live Q&A with our Movement Disorder Specialist – Dr. Mitesh Lotia. Learn more about the basics of Parkinson's Disease and what you or your loved one should know as you both navigate through this new journey.

QUARTER:	DATE:	TIME:
Q1	3/30/23	1:00 PM EST
Q2	6/29/23	1:00 PM EST
Q3	8/31/23	1:00 PM EST
Q4	11/30/22	1:00 PM EST