



# HEALTHY COMMUNITIES INITIATIVE

*Online Resources*

# BOISE



**DAVIS PHINNEY**  
Foundation For Parkinson's

*every victory counts®*



## Introduction

This document is a collection of resources to help YOU live well during the COVID-19 event. We hope these resources help you feel a sense of community even if from the comfort of your own home.



Some of the resources listed in this document are provided via Zoom. If you are new to Zoom, please check out the [Davis Phinney Foundation Zoom Tutorial video](#).

## YOUR LOCAL DAVIS PHINNEY FOUNDATION AMBASSADOR



**Spencer Stucki – Chubbuck, ID**  
[stuckisk@gmail.com](mailto:stuckisk@gmail.com)

In 2011 during his morning jog, Spencer noticed a tremor in his right hand. Not thinking anything of it, he didn't get serious about seeking treatment until his sisters, who were nurses, insisted that he talk to a doctor. In late summer of 2013, Spencer's family doctor prescribed a light dosage of Sinemet and gave him a referral to a neurologist. After upping his medication and adding another to his treatment, Spencer was diagnosed with Parkinson's.

Attending The Victory Summit® event in Salt Lake City got Spencer interested in learning more. Participating in support groups and finding more information on how to live well with Parkinson's was how Spencer got involved with reorganizing his local support group. Following the Power for Parkinson's programming model, Spencer's group now meets monthly, brings in speakers, provides three different weekly exercise classes, and offers a monthly luncheon with an activity to their community.

Living well for Spencer means having the capability to participate in regular activities without being limited by his Parkinson's. Participating in activities, such as singing, bowling with his wife, and volunteering at his church, helps Spencer to live well today.

### **Ask Spencer about:**

- » Exercise
- » Support Group Involvement
- » Community Involvement

## YOUR LOCAL ORGANIZATIONS

While we hope the Davis Phinney Foundation is or will become a helpful resource for your journey to live well with Parkinson's, Boise is served by the following regional organizations. These organizations are tremendous resources and can be your go-to to find out about local support groups, classes, and other resources.



NORTHWEST  
PARKINSON'S  
FOUNDATION

### **Northwest Parkinson's Foundation**

[nwpf.org](http://nwpf.org)

(877) 980-7500

[info@nwpf.org](mailto:info@nwpf.org)



Parkinson's  
Resources

### **Parkinson's Resources of Oregon**

[parkinsonsresources.org](http://parkinsonsresources.org)

(503) 594-0901

## LOCAL RESOURCES

### Exercise Classes

#### **Barre with Sonja**

Wednesdays at 12:00 pm

Free class offered by Treasure Valley Family YMCA

[Join via Zoom Link](#)

#### **Mobility with Ashley Kate**

Sundays at 2:00 pm

Free class offered by Treasure Valley Family YMCA

[Join via Zoom Link](#)

#### **Qigong with Antonia**

Tuesdays at 10:30 am

Free class offered by Treasure Valley Family YMCA

[Join via Zoom Link](#)

#### **Rock Steady Boxing – In Person\***

Mondays through Thursdays at 1:00 pm

Apple Athletic Club

2030 Jennie Lee Dr

Idaho Falls, ID 83404

[www.appleathleticclub.com/rock-steady](http://www.appleathleticclub.com/rock-steady)

#### **Zumba with Lynda**

Mondays at 10:15 am

Free class offered by Treasure Valley Family YMCA

[Join via Zoom Link](#)

### Delay the Disease Classes

*Classes are available online and in-person. For more information, contact Mary Biddle-Newberry at*

[mary.biddle@ymcatvidho.org](mailto:mary.biddle@ymcatvidho.org)

#### **YMCA Healthy Living Center**

419 N 11th St

Boise, ID 83702

##### *Advanced*

Mondays, Wednesdays, and Fridays from 8:30 – 9:30am

##### *All Levels*

Mondays, Wednesdays, and Fridays from 9:45 – 10:45am

##### *Intermediate*

Mondays, Wednesdays, and Fridays from 11:00am – 12:00pm

##### *Wellness Passport*

Mondays and Tuesdays from 1:00 – 2:00pm

#### **South YMCA**

5155 S Hillsdale Ave

Meridian, ID 83642

##### *All Levels*

Tuesdays and Thursdays 11:45am – 12:45pm

#### **Caldwell YMCA**

3720 S Indiana Ave

Caldwell, ID 83605

##### *All Levels*

Tuesdays and Thursdays 10:30 – 11:30am

*\*We recommend contacting facilities offering in-person classes to confirm time and location have not changed*

## LOCAL RESOURCES

### Support Groups

#### **Boise Parkinson's Young Onset/ Newly Diagnosed Support Group Meet Up**

4th Tuesdays from 6:30 – 7:30 pm

Lucky Perk Coffee  
1630 S. Eagle Rd  
Meridian, ID 83642

Contact: Robyn Parrish  
[info@pmdaidaho.org](mailto:info@pmdaidaho.org)

#### **Boise Support Group**

3rd Wednesdays from 2:00 – 3:00 pm

MorningStar Senior Living of Boise  
5850 N. Five Mile Rd  
Boise, ID 83713

Contact: Jeff Brauer  
(208) 407-6645  
[ibraftn@hotmail.com](mailto:ibraftn@hotmail.com)

*Please ask for directions to the TV Room at the front desk.*

### Other Resources

See [www.parkinsonsresources.org](http://www.parkinsonsresources.org) and [www.nwpf.org](http://www.nwpf.org) for the current schedule of online support groups and educational events in your area.

## NATIONAL RESOURCES

For a complete list of national offerings, [visit this blog post](#) which we will continue to update as new resources are released. Below is a list highlighting some of what you will find on this post.

### Exercise Classes

#### **Dance for Parkinson's National**

Dance at Home classes [available on their website](#)

#### **Dance with Amy Carlson**

Amy Carlson, a Davis Phinney Foundation Ambassador and passionate dancer, offers live dance lessons

[Live Zoom class offered daily](#) at 11:30 am ET

Zoom ID: 298 985 579

Password PDrider

#### **Get LOUD! Stay LOUD!**

Online Parkinson's specific voice and speech workouts.

The resource requires a membership, but they are currently offering one month free. [Visit their website for more information.](#)

#### **Power for Parkinson's**

A variety of exercise videos designed for people with Parkinson's [available on YouTube](#).

#### **Tribe Wellness**

Dr. Mike Braitsch and Tribe Wellness team lead several exercise classes. [Follow their page on Facebook](#) for updates about free live classes and videos.

### Support Groups

#### **PD Conversations**

Online discussion group hub [hosted by Parkinson's Foundation](#).

#### **Resilience Online!™ Support Group**

Live weekly meeting [hosted by PMDAlliance](#) on Tuesdays at 5:30 pm ET.

### Other Resources

#### **AARP Community Connections**

[Find local connection groups and access lots of resources](#) to help support wellness, safety, and connection during physical isolation.

#### **Beyond My Battle**

The [COVID-19 Battle Kit](#) is a collection of resources to help you stay calm and maintain personal care.

#### **UnshakeableMD with Soania Mathur, MD**

[YouTube channel](#) with videos helping individuals learn to thrive with Parkinson's

## DAVIS PHINNEY FOUNDATION RESOURCES

### Care Partner Resources

[Articles, videos, and more](#) to help support Care Partners now and any time.

### Core Strengthening Exercises for Parkinson's

[A series of videos](#) of Sarah King, PT, DPT to help you strengthen you core with at home workouts.

### COVID-19 Resources

[A collection of resources](#) to help you live well now. We will continue to update this post with additional resources over time.

### Davis Phinney Foundation YouTube Channel

[A collection of past webinars and inspiring videos](#) to help you live well.

### Every Victory Counts Manual

[Available in print or digital](#), the gold-standard of Parkinson's information. Domestic shipping of this free resource is waived through the end of 2020.

### Exercise Resources

[A collection of articles, resources, and inspiration](#) to help keep you moving.

### Nutrition

[A collection of articles, videos, and more](#) to help you eat to live well.

### Ways to Live Well with Parkinson's Right Now

[In this video](#), Connie and Davis Phinney share how they are coping with the COVID-19 challenges.

### Live Well TODAY Webinar Series

Our collection of [live upcoming webinars](#) as well as archives of past webinars.





*Illustration by Connie Carpenter Phinney*

## JUST FOR FUN

### **Bald Eagle Nesting Camera**

Friends of Big Bear Valley have a [camera with a dazzling view](#) and visits from our national emblem.

### **Bread Ahead Bakery**

Enjoy [live and archived baking classes](#).

### **Friday Night Vibes**

[Watch](#) as Dr. Charles Brooks showcases his multi-mallet improvisational vibraphone talents - Fridays at 9:00 pm ET.

### **Live Camera Feeds from Around the World**

[Catch a glimpse](#) of animals, serene nature settings, and more.

### **Tour Famous Art Museum**

Travel and Leisure has compiled a list of over 10 famous museums offering [virtual tours](#).

### **Tour National Parks Virtually**

Travel the country and [tour our national parks](#) from the comfort of home.



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