



**HEALTHY
COMMUNITIES
INITIATIVE**

Online Resources

LOUISIANA



DAVIS PHINNEY
Foundation For Parkinson's

every victory counts®



Introduction

This document is a collection of resources to help you live well during this time of physical distancing. We hope these resources help you feel a sense of community 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 AMBASSADORS



Jan Grimes – Baton Rouge
jgrimes1@lsu.edu

Jan Grimes grew up in Columbus Grove, Ohio. Her mother, a church organist and piano teacher, saw to it that each of their six children learned to play the piano. Upon graduation from high school, Jan attended the University of Cincinnati College-Conservatory of Music and graduated with a Bachelor of Music double degree in Music Education and Piano Performance. Jan recently retired from LSU after 30 years of performing and developing the Master's Degree Program in Collaborative Piano.

She continues to be active as a musician maintaining a job as church organist and is also an active seamstress. She enjoys cooking and assisting her husband in his woodworking shop when he needs her.

As an Ambassador, Jan is excited to share her story and her love of music.

Ask Jan about:

- » Anxiety and Stress
- » Exercise
- » Maintaining a Social Life



Michelle Lane – New Orleans
michlane23@gmail.com

Michelle was diagnosed with Parkinson's in June of 2000 at the age of 32. Since then, Michelle has become one of the foremost advocates in her home state of Louisiana by starting the first Young Onset Parkinson's support group in New Orleans, beginning The Parkinson's Association of Louisiana (PAL), and championing numerous fundraising efforts, including Louisiana Walks for Parkinson's.

Michelle wants to live well with Parkinson's by showing and explaining to those diagnosed that you can still lead a productive and active life. She wants people to take "can't" out of their vocabulary and replace it with "yes, I can." Honored to be an Ambassador for the Davis Phinney Foundation, Michelle strives "to make the public aware of the Foundation and the wonderful resources they have to offer."

Ask Michelle about:

- » Young Onset Parkinson's
- » Communicating about Parkinson's with Your Children
- » Deep Brain Stimulation

LOUISIANA COMMUNITY ACTION COMMITTEE

The Community Action Committee (CAC) is a diverse coalition of community leaders from local organizations, hospitals, and universities as well as grassroots members making a difference in their community. The CAC includes people living with Parkinson's, care partners, and professionals working to help people live well with Parkinson's. Contact them for more local information.

BG Colley

Parkinson's Community Leader

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Dominique Thomas, CMA

Ochsner Health System Movement Disorder Team

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Jan Grimes

Davis Phinney Foundation Ambassador

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Jan Hondzinski

Louisiana State University

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Michelle Lane

Event Director, Louisiana Walks for Parkinson's, Davis Phinney Foundation Ambassador

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Randy Leblanc

Parkinson's Community Leader

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Sage Outpatient and Day Neuro Program

Natalie Hart: nhart@sage-rehab.org

Brittany Walker: bwalker@sage-rehab.org

Susan Sapir-Fields

Event Coordinator, Louisiana Walks for Parkinson's

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LOCAL RESOURCES

Exercise Classes

Dance for Parkinson's New Orleans

Led by the New Orleans Ballet Association (NOBA)

Mondays and Wednesdays at 10:30 am CT

[Live Zoom Classes](#)

Recorded dance videos – NOBA Dropbox

- » [Corner of the Sky](#)
- » [Louisiana](#)
- » [Oh What a Beautiful Morning](#)
- » [Rock Paper Scissors](#)
- » [Seated Tango](#)
- » [Spread a Little Sunshine](#)
- » [Standing Tango](#)
- » [Sun Salutation #1](#)
- » [Sun Salutation # 2](#)
- » [Swing Low, Sweet Chariot](#)

LSVT BIG and LOUD

[Sage Outpatient Facebook Page: Events and Videos](#)

New LSVT videos are posted weekly

Rock Steady Boxing

Tuesdays at 12:15 pm CT

Live on the [Baudry Therapy Center\ BRIO YouTube Channel](#)

Recordings are also posted each week on the following Friday

Support Groups

The Louisiana Parkinson's community is establishing some smaller virtual support groups. Email the Community Action Committee members on the previous pages if you are interested in participating.

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

Live Zoom class offered daily at 10:30 am CT

[Zoom Link](#)

Zoom ID: 298 985 579

Password: PDrider

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

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 PMDAAlliance](#) on Tuesdays at 4:30 pm CT.

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 your 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 8:00 pm CT.

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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