



**HEALTHY
COMMUNITIES
INITIATIVE**

Online Resources

MICHIGAN



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 AMBASSADOR



Angee Ludwa – Clarkston, MI
aludwa@comcast.net

Angee is a physical therapist and has been practicing for 21 years. Angee has always focused her career on helping people with neurological conditions. About 14 years ago, Angee and a co-worker started to work with a more and more people with Parkinson's referred to physical therapy. After working with the Parkinson's community, Angee knew that she had found her passion. From that point on, Angee has been helping people with Parkinson's live their best lives.

Angee currently works part-time in an outpatient neuro-clinic and works one-on-one for skilled therapy. Angee also teaches many community exercise classes such as PWR! Moves, Rock Steady Boxing, cycling, and pole-walking.

Community outreach is what Angee enjoys the most. Angee speaks at support groups throughout Michigan, educating people on the importance of exercise. She is also actively involved in the Michigan Parkinson Foundation, attending community events such as walkathons and educational symposiums.

Ask Angee about:

- » Physical Therapy
- » Benefits of Exercise
- » Community Exercise Classes

LOCAL RESOURCES

Exercise Classes

PWR Moves Exercise Class

Tuesdays at 10:00 am ET

[Zoom Class Link](#)

Zoom ID: 821 8187 3065

Zoom Password: 529630

Yoga Adapted for Parkinson's

Wednesdays and Fridays at 10:30 am ET

[Zoom Class Link](#)

Zoom ID: 660 963 7129

Other Resources

Michigan Parkinson's Foundation Webinars

MPF has a variety of live Zoom webinars planned through June 9th.

[Visit the MPF website](#) for more information or access using the information below.

May 26 at 7:00 pm ET

Communication Changes and Challenges to Consistent Home Exercise Program Completion

June 9 at 7:00 pm ET

Palliative Care Options

[Zoom Meeting Link](#)

Zoom meeting ID: 660 963 7129

Zoom password: 529630

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 11:30 am ET

[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 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 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 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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