



# HEALTHY COMMUNITIES INITIATIVE

*Online Resources*

# NEBRASKA



**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



**Barry Branson – Papillion, NE**  
[bsbranson@cox.net](mailto:bsbranson@cox.net)

After a second carpal tunnel surgery proved ineffective in solving his hand dexterity issues, Barry underwent further testing with a neurologist and was diagnosed with Parkinson's in 2012. A technology teacher at the time, Barry depended heavily on his hands to do his work. Worried that his diagnosis would have a negative impact on his job, Barry kept his Parkinson's from his colleagues and students for four years. As his symptoms progressed, it was harder to hide his speech, walking, and handwriting, and he ended up going on disability in 2016.

With more time to utilize the resources he was beginning to discover, Barry began attending local meetings and support groups, joined several exercise classes for Parkinson's, and researched the support available to him. Becoming aware of a number of people who had Parkinson's allowed Barry to connect with many new faces and build meaningful friendships. After hiding his diagnosis for so long, Barry felt great relief and resolved to share what he continues to learn with others.

“I am very thankful for those people who share what they have done to overcome obstacles. I have found the Parkinson's community to be very supportive, and some have become my best friends.”

### **Ask Barry about:**

- » Duopa Pumps and Troubleshooting Their Operation
- » Pursing Hobbies (Barry's Include Trapshooting and Coaching)
- » Problem Solving by Making Adaptations

## NEBRASKA 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.

**Ashlyn Cramer, PT, DPT**

*GI Balance & Mobility Center*  
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**Barry Branson**

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**Cheri Prince, PT**

*PDWELL*  
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**Jessie Kohn**

*University of Nebraska Lincoln*  
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**Julie Pavelka**

*Nebraska Medicine*  
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**Kathy Erickson**

*Blue Rivers Area Agency on Aging*  
[kathy.erickson@blueriversaaa.org](mailto:kathy.erickson@blueriversaaa.org)

**Lincoln Parkinson's Disease Support Group**

[rstarrlinc@neb.rr.com](mailto:rstarrlinc@neb.rr.com)

**Parkinson's Nebraska**

[amber@parkinsonsnebraska.org](mailto:amber@parkinsonsnebraska.org)

**Stephanie King-Witt**

*Witt's Warriors/ Project Parkinson's Central Nebraska*  
[sking-witt@grandislandpt.com](mailto:sking-witt@grandislandpt.com)

**YMCA of Greater Omaha**

[aroux@metroymca.org](mailto:aroux@metroymca.org)

## LOCAL RESOURCES

### Exercise Classes

#### **Alignment, Breathing, and Control**

Mondays and Fridays

Contact Jacey Gengenbach for more information at (402) 502-2729 or via email at [jacey@fitnessandbeyondomaha.com](mailto:jacey@fitnessandbeyondomaha.com)

#### **Boxing**

Tuesdays at 5:00 pm CT

Contact Ashley Remington for more information [remingtonwellness@gmail.com](mailto:remingtonwellness@gmail.com)

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

New class videos post each Monday on the [Ruth Davidson Hahn and Company website](#)

#### **Live IT Up!**

Tuesdays and Fridays at 12:00 pm CT

[Visit the PDWELL calendar](#) for more information.  
*Membership is \$35/month.*

#### **Parkinson's Yoga**

Tuesdays at 11:00 am CT

[Zoom Class Link](#)

Zoom ID: 914 158 311

Zoom Password: yoga

#### **PDWELL Physical and Vocal Exercise Classes**

Mondays, Wednesdays, and Thursdays at 10:00 am CT  
Mondays - Fridays at 10:45 am CT

[Visit the PDWELL calendar](#) for more information.  
*Membership is \$35/month.*

#### **PD Bootcamp**

Saturdays at 9:00 am CT

Contact Ashley Remington for more information [remingtonwellness@gmail.com](mailto:remingtonwellness@gmail.com)

#### **Strength and Balance**

Classes offered daily

Contact Jacey Gengenbach for more information at (402) 502-2729 or [jacey@fitnessandbeyondomaha.com](mailto:jacey@fitnessandbeyondomaha.com)

### Support Groups

#### **Parkinson's Nebraska Support Group**

2nd Saturday of the month at 2:30 pm CT

[Zoom Meeting Link](#)

Zoom ID: 386 240 504

#### **PDWELL**

Tuesdays and Fridays at 10:00 am CT

[Visit the PDWELL calendar](#) for more information.  
*Membership is \$35/month.*

#### **UNMC Parkinson's Disease Support Group**

Third Friday of the month at 10:00 am CT

[Register Here](#)

#### **UNMC Parkinson's Support Group for Women**

Second Monday of the month at 7:00 pm CT

[Register Here](#)

## LOCAL RESOURCES CONT.

### Other Resources

**2020 Walk the State Challenge with Parkinson's Nebraska**  
August 31st - September 13th, 2020  
[walkthestatene.causevox.com](http://walkthestatene.causevox.com)

**Education Series for Family Caregivers**  
[Nebraska Caregiver Coalition](#) will host two free webinars later this year for family caregivers.

**Education and Care Partner Programs**  
PDWELL offers a weekly educational series and weekly care partner forum. [Visit their events page](#) for more information.

**Parkinson's Nebraska Online Exercise Resources**  
A collection of [local exercise classes and resources](#) offered by Parkinson's Nebraska.

**Parkinson's Nebraska News**  
[Stay up to date](#) on what's happening in your local Parkinson's community.

**Parkinson's Nebraska Webinar Schedule**  
Join in on [live educational webinars](#) with Parkinson's Nebraska.

## 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**

Tuesdays at 4:30 pm CT

Live weekly meeting [hosted by PMDAlliance](#).

### 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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