



# **HEALTHY COMMUNITIES INITIATIVE**

*Online Resources*

# **ALBANY**



**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



**Steve Hovey – Sarasota Springs, NY**  
[shovey23@gmail.com](mailto:shovey23@gmail.com)

Steve was diagnosed with Parkinson's in 2007 at the age of 50. At that time, Steve did not know anyone with Parkinson's, so he and his wife Nancy took it upon themselves to learn as much as they could about Parkinson's symptoms and treatment. Their search soon led them to the Davis Phinney Foundation, where they learned about the importance of exercise and a healthy lifestyle, something Steve credits as significantly impacting the quality of life he continues to enjoy.

Now semi-retired, Steve continues to work part-time as a business consultant and is looking forward to sharing the message that there are things we can do to manage Parkinson's as an Ambassador for the Davis Phinney Foundation.

“When I was diagnosed, the focus of the treatment was on medicine. The doctors never mentioned the benefits of dealing with Parkinson's on a more holistic level – exercise, good nutrition, and a healthy lifestyle,” Steve says. “Though [things are] getting better, there are still too many people who need to hear this message.”

### **Ask Steve about:**

- » A Wellness Approach to Parkinson's – Exercise, Diet, Sleep, Mindfulness.
- » Attitude – Staying Positive
- » Life After Retirement

## ALBANY 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.

### **Jud Eson**

*Capital District Parkinson's Support Group*

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### **Nancy Eson**

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### **Steve Hovey**

*Davis Phinney Ambassador*

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## LOCAL RESOURCES

### Exercise Classes

#### **BIG for LIFE**

Elizabeth Yates Horton, DPT is leading an LSVT BIG for LIFE program. Learn more about this program and other LSVT online resources [here](#).

#### **Dance Through Parkinson's with Rachelle**

Tuesdays and Thursdays at 1:30 pm ET.

[Registration in advance is required.](#)

### Support Groups

#### **Capital District Parkinson's Support Group**

[An informative webpage](#) connecting people with Parkinson's to virtual resources.

#### **Zoom Meetings with Capital District Parkinson's Support Group**

Virtual meetings on a variety of topics to help you live well. [See the upcoming meeting schedule here.](#)

[Join the Capital District Parkinson's Support Group mailing list](#) to receive a registration invitation.

### Other Resources

#### **Albany County Warmline**

Staffed by Mobile Crisis Team workers and the Albany County Disaster Mental Health response team. For anyone who is being impacted by COVID-19.

Available Daily from 8:00 am – 5:00 pm ET

(518) 269-6634

## 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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