

HANDBOOKS

- Good Nutrition
- Be Active!
- Be Independent
- Parkinson's Disease Handbook
- Aquatic Exercises for Parkinson's Disease
- Young Parkinson's Handbook
- How to Start a Support Group Handbook

OTHER RESOURCES

American Parkinson's Disease Assoc.

135 Parkinson Avenue
Staten Island, NY 10305
www.apdaparkinson.com
Phone: (800) 223-2732

Parkinson's Foundation

1359 Broadway, Suite 1509
New York, NY 10018
www.pdf.org
Phone: (800) 473-4636

Michael J. Fox Foundation for Parkinson's Research

Church Street Station
PO Box 780
New York, NY 10008-0780
www.michaeljfox.org
Phone: (800) 708-7644

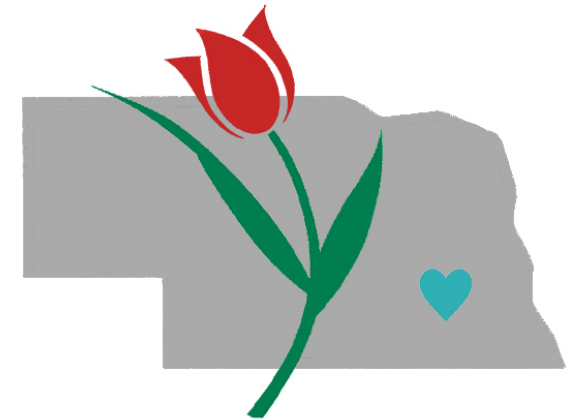
Parkinson's Nebraska

16811 Burdette Street, Suite 1
Omaha, NE 68116
www.ParkinsonsNebraska.org
Phone: (402) 715-4707

Lincoln Parkinson's Support Group

Affiliated with Parkinson's Nebraska
16811 Burdette Street, Suite 1
Omaha, NE 68116
www.ParkinsonsNebraska.org
402-715-4707

Lincoln Parkinson's Disease Support Group



***Open to Those with
Parkinson's Disease,
their Families and
Caregivers***

www.lpdsg.org

Revised June 2019

Join the Lincoln Parkinson's Disease Support Group

The LPDSG provides support to those with Parkinson's and their care partners. A Parkinson's support group can significantly improve one's knowledge and understanding of PD. The support group atmosphere is dynamically caring, and is a place where, by design, all are accepted and encouraged to participate. In the United States, there are currently over 800 support groups for Parkinson's.

Participating in a support group is an excellent way to reduce the fear, isolation, and depression of coping with the disease.

While friends may look away and stammer their excuses, associates may think they understand your dilemma but don't, and the world may minimize or even ignore the struggles you are engaged in every day, the members of a support group are different. They have been there. They know things firsthand, and they can help.

Some of the topics discussed in the LPDSG include:

- Medications and side effects
- Deep brain stimulation
- Depression and stress
- Research and future technology
- Sleep problems
- Incontinence training
- Music therapy
- Exercise strategies from local programs
- Balance and falling
- Nutrition

LPDSG Meeting Details

Fourth Sunday of Each Month
(Except July & December)
2:00 to 4:00 PM

Madonna Rehabilitation Hospital

5401 South Street
Lincoln, NE 68506
Main Building: Main Entrance
Sheridan or Flanagan Room

Facilitators

Joyce and Rich Starr
402-489-5341
rstarrlinc@neb.rr.com

Jim Carr
402-467-2952
jcarr@unl.edu

Jim and Sally Neville
402-489-2885
salgal4071@yahoo.com

Resources: Brochures and Pamphlets

- Medications Approved for the Treatment of Parkinson's Disease
- The Living Will and The Durable Power of Attorney for Healthcare
- Depression and Parkinson's Disease
- Keys for Caring
- The Challenge of Parkinson's Disease: Adapting to a Nursing Home
- Fatigue and Parkinson's Disease
- Medical Management of Parkinson's Disease
- When Parkinson's Patients should Go to the Emergency Room
- Medications to Avoid

* For a complete list of other booklets refer to the following websites:
www.apdaparkinson.com
www.parkinson.org

Donations & Memorials

Make checks payable to: LPDSG

Lincoln Parkinson's Disease Support Group
Attn: Pam Fink
6310 South Street
Lincoln, NE 68506