

# LOCAL PARKINSON'S RESOURCES: PHILADELPHIA\*

*We hope the Davis Phinney Foundation becomes a go-to resource for tools and information to support you. We also know that having local resources and community you can turn to are critical to living well with Parkinson's. This booklet can get you started!*

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## Meet your local Davis Phinney Foundation Ambassador: Julia Wood



Julia discovered her love for working with people with Parkinson's while completing her occupational therapy internship in neurological rehabilitation at the Mayo Clinic Hospital in Rochester, MN. She was convinced that either nice people get Parkinson's, or something about having Parkinson's made people nice because her favorite clients were always one's living with Parkinson's.

Julia was fortunate to find a position at the Dan Aaron Parkinson's Rehabilitation Center at the University of Pennsylvania's Parkinson's Disease and Movement Disorders Center for Excellence where she specialized in interdisciplinary care for people with Parkinson's.

Julia dedicates her time and resources to the wellbeing of the Parkinson's community by volunteering as a facilitator for PD SELF, a legislative advocate with the Michael J. Fox Foundation, hosting a cognitive fitness class and book club and presenting often for local support groups and educational seminars. Julia is committed to promoting clinical education to improve the treatment of people with Parkinson's as faculty for the Allied Team Training for Parkinson's program and certification faculty for the LSVT BIG program.

Julia believes that people can best meet the challenges of living with Parkinson's through education, resources and support. As an Ambassador, she hopes to empower people to live life to its fullest!

### **Ask Julia about:**

- » Cognitive Changes
- » Non-Motor Symptoms
- » Exercise

For more information, contact  
Julia at [jmwood525@gmail.com](mailto:jmwood525@gmail.com).

# SUPPORT GROUPS

## New Jersey

### **Cherry Hill – Parkinson’s Support Group**

4th Wednesday from  
11:00am-12:30pm  
Fox Rehabilitation Center  
Fox Education Room  
7 Carnegie Plaza  
Cherry Hill, NJ 08003  
Contact: Lisa Hughey,  
Lisa.Hughey@FoxRehab.org

### **Cherry Hill – Parkinson’s Caregiver Group**

2nd Friday at 1:00pm  
Cooper Neurological Institute  
1935 Route 70 E  
Cherry Hill, NJ 08003  
Contact: Corlynn Hullfish,  
856-968-8581

### **Deptford – South Jersey Parkinson’s Support Group**

1st Wednesday at 1:00pm  
Deptford Public Library  
670 Ward Dr  
Deptford, NJ 08096  
Contact: 856-848-9149

### **Linwood – Parkinson’s Support Group and Body in Balance**

1st Saturday at 11:00am  
Parkinson’s Life Center of  
Southern New Jersey  
314 Central Ave  
Linwood, NJ 08221  
Contact: Ellie Hagan,  
609-365-8499

### **Moorestown – Hand Tap with Barbara McKay**

Mondays, contact for current  
schedule  
Virtua HealthFitness Center  
401 Young Ave  
Moorestown, NJ 08057  
Contact: 856-291-8800

### **Mount Holly – Virtua Parkinson’s Support Group**

3rd Wednesday at 6:45pm (except  
December)  
Virtua Memorial Hospital  
175 Madison Ave  
Mount Holly, NJ 08060  
Contact: 1-888-Virtua-3,  
CallCenter@Virtua.org

### **Phone – Parkinson’s Caregiver Support Group**

Contact: Patty Davis, 215-487-3000  
ext. 25, PattyDavis@Sown.org

\* These resources are within an approximate two-hour driving radius from Philadelphia.

**Sicklerville – Parkinson’s Support Group**

3rd Monday at 1:30pm  
St. Charles Borromeo  
176 Stagecoach Rd  
Sicklerville, NJ 08081  
Contact: 856-629-0411

**Variable – Parkinson’s Early Onset Support Group**

Contact for place, time and date  
Contact: Wendy Schmidt,  
Wl.Schmidt@Yahoo.com

**Voorhees – Parkinson’s Support Group**

2nd Wednesday from  
5:00pm-6:00pm  
Jefferson Health - Voorhees  
Outpatient Center  
443 Laurel Oak Rd (1st floor)  
Voorhees, NJ 08043  
Contact: Lance Wilson, 215-955-8257,  
Lance.Wilson@Jefferson.edu

**Voorhees – Parkinson Disease Support Group for Men**

3rd Monday at 2:30 pm  
Cooper Neurological Institute  
931 Centennial Blvd  
Voorhees, NJ 08043  
Contact: Corlynn Hullfish,  
856-968-8581

**Willingboro – Parkinson’s Meetings**

2nd Wednesday at 1:30 pm (except  
July, August and December)  
Willingboro Library  
220 Willingboro Way  
Willingboro, NJ 08046  
Contact: 609-877-6668

**Pennsylvania**

**Delaware Valley – Women’s Parkinson Support Group**

2nd Monday at 11:00am  
Pennsylvania Hospital  
Hall Mercer Building  
245 South Eighth St  
Philadelphia, PA 19106  
Contact: Lori Katz, 609-636-3473

**Malvern – Early Onset/Newly Diagnosed Support Group**

3rd Tuesday from 6:00pm-7:30pm  
Bryn Mawr Rehabilitation Hospital  
414 Paoli Pike  
Malvern, PA, 19355  
Contact: A Main Line Health Clinician,  
ParkinSupportGr@MLHS.org

**Philadelphia – Care Partner Support Group**

4th Thursday from 1:00pm-2:00pm  
Penn Movement Disorder Center  
330 South 9th St (4th floor)  
Philadelphia, PA 19107  
Contact: Karen Jacobson,  
KarenJacobson@Comcast.net

### **Philadelphia – DBS Support Group**

1st Tuesday from 10:00am-11:00am  
Hall Mercer Building of  
Pennsylvania Hospital  
245 South 8th St  
Philadelphia, PA 19106  
Contact: Josue Etienne,  
Josue.Etienne@UPHS.UPenn.edu

### **Philadelphia – ParkinSingers Choir and Support Group (TPC Grantee)**

Rehearsals starting in September  
Congregation Rodeph Shalom  
615 North Broad St  
Philadelphia, PA 19123  
Contact: Holly Phares,  
Masamoff@Aol.com

### **Philadelphia – Parkinson's Support Group**

2nd Saturday from 10:00am-11:30am  
Penn Movement Disorder Center  
330 South 9th St (2nd floor)  
Philadelphia, PA 19107  
Contact: Sue Reichwein,  
SReichwein@PaHosp.com

### **Philadelphia – Young Men with Parkinson's Support Group**

4th Saturday from 11:00am-12:00pm  
Penn Movement Disorder Center  
330 South 9th St (2nd floor)  
Philadelphia, PA 19107  
Contact: Josue Etienne,  
Josue.Etienne@UPHS.UPenn.edu

## **LOCAL WELLNESS AND EXERCISE CLASSES**

### **New Jersey**

#### **Cherry Hill**

#### ***Live Big with Big for Life***

Fridays June 28 – August 16 from  
11:00am-12:00pm

#### ***Movement and Motivation***

Thursdays, 1:00pm-2:00pm

#### ***Pedaling for Parkinson's***

#### ***Pilates for Neurological Disorders***

#### ***Rock Steady Boxing***

Tuesday 11:00am-12:00pm PD 1/2  
Tuesday 12:15pm-1:15pm PD 2/3  
Wednesday 1:00pm-2:00pm PD2  
Wednesday 2:15pm-3:15pm PD 2/3  
Thursday 11:00am-12:00pm PD 2/3  
Thursday 6:00pm-7:00pm PD 1/2  
Saturday 10:30am-11:30am PD 1/2  
Saturday 12:15pm-1:15pm PD 3/4

#### ***Singing for Vocal Survival***

#### ***Tai Chi for Parkinson's***

Mondays June 17 – July 8 from  
2:00pm-3:00pm

#### **All above classes located at:**

Katz Jewish Community Center  
1301 Springdale Rd  
Cherry Hill, NJ 08003

#### **Contact for all above classes:**

Jayne Morgan Miller,  
856-424-4444 ext. 1140  
Katzjcc@RSBAffiliate.com

#### ***Penn Therapy and Fitness***

1865 Marlton Pike East, Ste 110  
Cherry Hill, NJ 08003  
Contact: 856-216-0047

### ***Strive Physical Therapy***

LourdesCare

1 Brace Rd

Cherry Hill, NJ 08003

Contact: 856-470-9191

### **Columbus**

#### ***Strive Physical Therapy***

23659 Columbus Blvd, Ste 3

Columbus, NJ 08022

Contact: 609-416-3400

### **Delran**

#### ***Strive Physical Therapy***

Lourdes, Delran Professional Center

8008 Route 139 N, Ste 100

Delran, NJ 08075

Contact: 856-461-9393

### **Hamilton**

#### ***Strive Physical Therapy***

2275 Whitehorse-Mercerville Rd,

Stes 3 & 4

Hamilton, NJ 08619

Contact: 609-981-7022

### **Lumberton**

#### ***Virtua Community Health Center***

1636 Route 38 & Eaverstown Rd

Lumberton, NJ 08048

Contact: 609-914-1652

### **Marlton**

#### ***Kessler Institute for Rehabilitation***

92 Brick Rd #100

Marlton, NJ 08053

Contact: 856-988-8778

#### ***Strive Physical Therapy***

500 Lippincott Drive

Marlton, NJ 08053

Contact: 856-334-4100

### **Medford**

#### ***Breakthru***

200 Tuckerton Rd, Ste 17,

Medford, NJ 08055

Contact: 856-396-2250

### **Moorestown**

#### ***Breakthru***

1273 N Church St #100

Moorestown, NJ 08057

Contact: 856-722-104

#### ***Strive Physical Therapy***

Pavilions of Moorestown,

740 Marne Highway, Ste 203

Moorestown, NJ 08057

Contact: 856- 914-1400

### **Mount Holly**

#### ***Raise Your Voice Speech Pathology***

72 High St

Mt. Holly, NJ 08060

Contact: 609-922-2252

### **Mount Laurel**

#### ***Bancroft NeuroRehab***

Resnick Center

3900 Church Rd

Mount Laurel, NJ 08054

Contact: 856-216-8090

#### ***Ivy Rehabilitation***

127 Ark Road, Ste 23

Mount Laurel, NJ 08054

Contact: 856-608-7733

### **Mullica Hill**

#### ***Strive Physical Therapy***

3 Myers Drive, Ste 201

Mullica Hill, NJ 08062

Contact: 856-502-3300

## **Sewell**

### ***Strive Physical Therapy***

Commons at Sewell

123 Egg Harbor Road, Ste 305

Sewell, NJ 08080

Contact: 856-481-3513

## **Vorhees**

### ***Breakthru***

701 Cooper Rd, Ste 12

Voorhees, NJ 08080

Contact: 856-346-0526

### ***Strive Physical Therapy***

205 White Horse Rd

Voorhees, NJ 08043

Contact: 856-435-2323

## **Woodbury Heights**

### ***Penn Therapy and Fitness***

1006 Mantua Pike

Woodbury Heights, 08097

Contact: 856-686-8270

## **Pennsylvania**

### **At Home**

#### ***LSVT BIG***

Contact: Terry Downes, OT

856-220-8477,

TerryDownesOT@Yahoo.com

## **Lafayette Hill**

### ***Yoga for Parkinson's Disease (TPC Grantee)***

Thursdays from 9:30am-11:00am

Theresa Conroy Yoga

Therapy Studio

600 Germantown Pike

Lafayette Hill, PA 19444

Contact: Theresa Conroy,

Theresa@TheresaConroy.com

## **Manayunk**

### ***Rock Steady Boxing***

Level 1 on Tuesdays (times vary)

Level 2 on Thursdays (times vary)

Joltin' Jabs (TPC Grantee)

4303 Main St

Philadelphia, PA 19127

Contact: The Parkinson Council,

RSB Affiliate for Manayunk,

610.668.4292

Info@TheParkinsonCouncil.org

## **Philadelphia**

### ***The Book Nook — A book club for people with Parkinson's & their care partners***

Meets once every 3 months on

Monday from 11:30am-12:30pm

Dan Aaron Parkinson's

Rehabilitation Center

Penn Therapy & Fitness

330 South 9th St

Philadelphia, PA 19107

Contact: Julia Wood,

Julia.Wood@PennMedicine.UPenn.edu

### ***Dance for PD® (TPC Grantee)***

Various locations, dates and times in

Greater Philadelphia region

Contact: The Parkinson Council,

610.668.4292

Info@TheParkinsonCouncil.org

### ***Fit Brains***

Mondays from 11:30am-12:30pm

Dan Aaron Parkinson's

Rehabilitation Center

Penn Therapy & Fitness

330 South 9th St

Philadelphia, PA 19107

Contact: Julia Wood,

Julia.Wood@PennMedicine.UPenn.edu

***LSVT Big and PWR classes***

Moss Rehabilitation - Marvin  
Werman Outpatient Center  
1200 W Tabor Rd  
Philadelphia, PA 19141  
Contact: Cynthia Kwasniewski,  
ParkinsonsPrograms@Einstein.edu

***PD SELF***

One Sunday per month  
from 1:00pm-4:00pm  
Dan Aaron Parkinson's  
Rehabilitation Center  
Penn Therapy & Fitness  
330 South 9th St  
Philadelphia, PA 19107  
Contact: Julia Wood,  
Julia.Wood@PennMedicine.UPenn.edu

***Rock Steady Boxing***

Dan Aaron Parkinson's  
Rehabilitation Center  
Penn Therapy & Fitness  
330 South 9th St  
Philadelphia, PA 19107  
Contact: Heather Cianci &  
Joellyn Fox, 215-829-7275  
Heather.Cianci@PennMedicine.  
UPenn.edu, Joellyn.Fox@  
PennMedicine@UPenn.edu

***Parkinson Fit - Boxing and PWR  
classes***

Levels 1 & 2 on Tuesdays &  
Thursdays at 2:00pm  
Levels 3 & 4 on Mondays &  
Wednesdays at 2:00pm  
The Sporting Club at the Bellevue  
224 South Broad St  
Philadelphia, PA 19102  
Contact: Cyrena Paulin,  
Contact@SportingClubBellevue.com

# PARTNERS

## Drexel University

The Drexel Movement Disorder Program is a comprehensive practice combining medical and surgical specialists in Parkinson's along with access to clinical research and a network for community rehab specialists. Our movement disorder specialists are Director Dr. Jill Farmer, MDS who sees patients in Princeton NJ, Dr. Thu Vu, MDS who sees patients in Center City and its suburbs and Dr. Atom Sarkar, our DBS surgeon, who sees patients at multiple locations in the Philadelphia region.

[www.Drexel.edu/Medicine](http://www.Drexel.edu/Medicine)



DREXEL UNIVERSITY  
**Drexel  
Neurosciences  
Institute**  
*College of Medicine*

## Jefferson Health

The Jefferson Comprehensive Parkinson's Disease and Movement Disorders Center is one of the largest programs in the Delaware Valley serving people with Parkinson's since 2005. Our mission is to deliver holistic, personalized care by translating basic science discoveries into innovative therapies and clinical trial opportunities.

[www.JeffersonHealth.org](http://www.JeffersonHealth.org)



**Vickie and Jack Farber  
Institute for Neuroscience**  
Jefferson Health.

## The Parkinson Council

The Parkinson Council is the premier local organization dedicated to improving the quality of life for local families impacted by Parkinson's. Our mission is to provide financial support to local nonprofits and institutions dedicated to improving the quality of life for people with Parkinson's, their families and care partners. Our goal is to touch the lives of more people with Parkinson's every day.

[www.TheParkinsonCouncil.org](http://www.TheParkinsonCouncil.org)

**the parkinson council**  
your local partner in the movement against parkinson's disease









**DAVIS PHINNEY**  
Foundation For Parkinson's  
*every victory counts®*

[davisphinneyfoundation.org](http://davisphinneyfoundation.org)  
(866) 358-0285  
[contact@dpf.org](mailto:contact@dpf.org)