

# LOCAL PARKINSON'S RESOURCES: BATON ROUGE\*

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*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!*

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



## Meet your local Davis Phinney Foundation Ambassador in Baton Rouge: Jan Grimes



Jan grew up in Columbus Grove, Ohio. Her mother was a church organist and piano teacher and saw to it that each of their six children learned to play the piano. Upon graduation from high school, Jan attended the University of Cincinnati College-Conservatory of Music and graduated with a Bachelor of Music double degree in Music Education and Piano Performance.

Jan recently retired from LSU after 30 years of performing and developing the Master Degree Program in Collaborative Piano. She continues to be active as a musician maintaining a job as church organist and is also an active seamstress. She also enjoys cooking and assisting her husband in his woodworking shop when he needs her.

As an Ambassador, Jan is excited to share her story and her love of music.

### *Ask Jan about:*

- » Anxiety and stress
- » Exercise
- » Maintaining a social life

For more information, contact  
Jan at [jgrimes1@lsu.edu](mailto:jgrimes1@lsu.edu).



## Meet your local Davis Phinney Foundation Ambassador in New Orleans: Michelle Lane



Michelle was diagnosed with Parkinson's in June of 2000 at the age of 32. Since then, Michelle has become one of the premier advocates in her state of Louisiana by starting the first Young Onset support group in New Orleans, beginning The Parkinson's Association of Louisiana (PAL) and championing numerous fundraising efforts including the Louisiana Walks for Parkinson's.

Michelle wants to live well with Parkinson's by showing and explaining to those diagnosed that you can still lead a productive and active life after diagnosis. She wants people to take "can't" out of their vocabulary and replace it with "yes, I can". Michelle is honored to be an ambassador for the Davis Phinney Foundation and wants her mission is "to make the public aware of the Foundation, and the wonderful resources they have to offer."

### ***Ask Michelle about:***

- » Early Young Onset Diagnosis
- » Communication about Parkinson's with your children
- » Deep Brain Stimulation

For more information, contact Michelle at [michlane23@gmail.com](mailto:michlane23@gmail.com).

# SUPPORT GROUPS

## Baton Rouge

### *Parkinson's Support Group*

3rd Thursday (except for June and December) at 1:00 pm

The Bluebonnet Regional Library

9200 Bluebonnet Blvd

Baton Rouge, LA 70810

Contact: Sally Palmer

(225) 773-7892

[gregorypalmer@cox.net](mailto:gregorypalmer@cox.net)

Contact: Sharilyn Livingston

(225) 933-0542

[lsuladytiger@gmail.com](mailto:lsuladytiger@gmail.com)

### *Movers and Shakers*

4th Saturday at 10:00 am

St Paul's Lutheran Church

2021 Tara Blvd

Baton Rouge, LA 70806

Contact: Bernard Colley

(225) 349-6146

or Randy LeBlanc

(225) 933-8294

[www.facebook.com/groups/  
2410350369213843](https://www.facebook.com/groups/2410350369213843)

## Covington

### *Parkinson's Support Group*

1st Friday at 1:00 pm

Saint Anthony's Gardens

601 Holy Trinity Dr

Covington, LA 70433

Contact: Jackie Gram,

Susan Faust, or Jay Faust

(985) 626-1916

[facilities76@yahoo.com](mailto:facilities76@yahoo.com)

## Hammond

### *Parkinson's Support Group*

1st Monday at 6:00 pm

The E Brent Dufreche

Conference Center

North Oaks Medical Center

15837 Paul Vega MD Dr

Hammond, LA 70403

Contact: Mickey Roye

(985) 974-3080

[mickey.roye@gmail.com](mailto:mickey.roye@gmail.com)

## Houma

### *Parkinson's Support Group*

Contact for meeting dates

Terrabonne General Medical Center

Atrium Auditorium

8166 Main St

Houma, LA 70360

Contact: Penny Brooks

(985) 850-6043

[penny.brooks@tgmcc.com](mailto:penny.brooks@tgmcc.com)

## Lafayette

### *Parkinson's Support Group*

3rd Monday at 6:00 pm

Our Lady of Lourdes Hospital

4804 Ambassador Caffery Pkwy

Lafayette, LA 70508

Contact: Patrice Williams

(985) 397-3648

[patrice@dugasoil.com](mailto:patrice@dugasoil.com)

## **Lake Charles**

### ***People with Parkinson's Support Group***

3rd Thursday at 1:00 pm  
Meets every third month  
Human Market Place  
3625 Nelson Rd, Suite B  
Lake Charles, LA 70605  
Contact: Peggy Woodson  
(337) 564-4044  
[fiftynuff@yahoo.com](mailto:fiftynuff@yahoo.com)

### ***Care Partners Support Group***

3rd Thursday at 1:00 pm  
Meets every third month  
Human Market Place  
3625 Nelson Rd, Suite B  
Lake Charles, LA 70605  
Contact: Peggy Woodson  
(337) 564-4044  
[fiftynuff@yahoo.com](mailto:fiftynuff@yahoo.com)

## **Metairie**

### ***Care Partners Support Group***

1st Wednesday at 10:00 am  
Home Care Solutions  
Conference Room  
3421 N Causeway Blvd, Suite 502  
Metairie, LA 70002  
Contact: Cathy Puett  
(504) 828-0900  
[info@homecareneworleans.com](mailto:info@homecareneworleans.com)

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

Last Monday at 1:00 pm  
East Jefferson General Hospital  
Crawford Conference Center  
Esplanade Room I  
3726 Houma Blvd  
Metairie, LA 70006  
Contact: Bonnie Huddleston  
(504) 905-6355  
[bonhudd4417@gmail.com](mailto:bonhudd4417@gmail.com)

### ***Parkinson's Circle of Friends***

2nd Tuesday at 6:15 pm  
St Francis Villa Assisted Living  
3rd floor  
10411 Jefferson Hwy  
River Ridge, LA 70123  
Contact: Michelle Lane  
(504) 952-6659  
[michlane23@gmail.com](mailto:michlane23@gmail.com)  
or Susan Sapir-Fields  
(504) 432-0006  
[ssapir985@yahoo.com](mailto:ssapir985@yahoo.com)

### ***Care Partners Support Group***

Last Thursday  
St Francis Villa Assisted Living  
10411 Jefferson Hwy  
River Ridge, LA 70123  
Contact: Shannon Reale  
(504) 738-1060  
[sreale@stfrancisvilla.com](mailto:sreale@stfrancisvilla.com)

## **Morgan City**

### *Parkinson's Support Group*

2nd or 3rd Tuesday, every 3 months

4 support groups a year

Bayou Vista Branch Library

1325 Bellview Street

Morgan City, LA 70380

Contact: Mary Ann Adams

(985) 395-9949

[MAAdams1104@Yahoo.com](mailto:MAAdams1104@Yahoo.com)

## **New Orleans**

### *Parkinson's Support Group*

3rd Monday at 3:00 pm

Touro Infirmery Hospital

1401 Foucher St

New Orleans, LA 70115

Contact: Stephanie Gioe,

Frannie Bienvenue, or

Kieth Randazzo

(504) 897-7011

# LOCAL WELLNESS AND EXERCISE CLASSES

## **Baton Rouge**

### *Dance for PD*

Thursdays at 9:00 am  
St Paul's Lutheran Church  
2021 Tara Blvd  
Contact: Susan Perlis  
(225) 766-8379  
Free to attend

### *Dance for PD*

Select Saturdays at 1:00 pm  
The Neuromedical Center  
10101 Park Rowe Ave  
Sixth Floor  
Baton Rouge, LA 70810  
Contact: Susan Perlis  
(225) 766-8379  
[www.facebook.com/DanceForPDDBR](http://www.facebook.com/DanceForPDDBR)  
Free to attend

### **LSVT BIG® & LSVT LOUD®**

#### *Wellness Program*

Fridays from 12:00 pm - 1:00 pm  
Sage Outpatient  
8313 Picardy Ave  
Baton Rouge, LA 70809  
Contact: Brittany Walker  
(225) 906-4097  
[www.sage-rehab.org](http://www.sage-rehab.org)  
First class is free  
Following classes are \$5 per class

### *Modified Tai Chi*

During LSU's Fall and Spring Semesters  
University United Methodist Church  
Fellowship Hall  
3350 Dalrymple Dr  
Baton Rouge, LA 70802  
Contact: Jan M Hondzinski  
(225) 578-9144  
[JHondz1@LSU.edu](mailto:JHondz1@LSU.edu)

### *Movement Matters*

Mondays and Wednesdays  
at 11:00 am  
Southside YMCA  
8482 Perkins Rd  
Baton Rouge, LA 70810  
Contact: Justin Grier  
(225) 766-2991  
One-time \$70 fee includes  
assessment  
Class is \$50 per month for members,  
\$75 for non-members

## **Geismar**

### *Rock Steady Boxing*

Tuesdays and Thursdays  
from 11:00 am - 12:30 pm  
On the Geaux Fitness  
17532 Airline Hwy  
Prairieville, La 70769  
Contact: Melissa Cantrell  
(985) 801-9074  
[BatonRouge@RBSAffiliate.com](mailto:BatonRouge@RBSAffiliate.com)  
[www.facebook.com/rocksteadybr/](http://www.facebook.com/rocksteadybr/)

## **Metairie**

### ***Exercise Class***

Tuesdays and Thursdays at 2:30 pm  
East Jefferson General Hospital  
3726 Houma Blvd  
Metairie, LA 70006  
Contact: Tina Gunando  
(504) 503-6868  
\$50 per month

### ***Dance for PD®***

Mondays from 10:30 am - 11:45 am  
September through May  
Call for more information  
Room 3 Pontiff Playground  
1521 Palm St  
Metairie, LA 70001  
Contact: Millette White  
(504) 522-0996 ext. 213  
[MWhite@NOBADance.com](mailto:MWhite@NOBADance.com)

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

Tuesdays, Wednesdays, and Fridays  
From 12:15 pm - 1:30 pm  
Baudry Therapy Center  
2620 Metairie Lawn Dr  
Metairie, LA 70002  
Contact: Tom Douglass  
(504) 416-4360  
or Greg Roniger  
(504) 237-5105  
[NewOrleans@RSBAffiliate.com](mailto:NewOrleans@RSBAffiliate.com)

## **New Orleans**

### ***Dance for PD®***

Wednesdays at 11:00 am  
JCC Uptown  
5342 Saint Charles Ave  
New Orleans, LA 70115  
Contact: Millette White  
(504) 522-0996 ext. 213  
[MWhite@NOBADance.com](mailto:MWhite@NOBADance.com)

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

Mondays, Tuesdays, Wednesdays,  
and Saturdays  
Fyzical Therapy and Balance Center  
714 Dublin St  
New Orleans, LA 70118  
Contact: Trevor Comeaux or  
Tony Macaluso  
(504) 861-4693  
[Nola@RSBAffiliate.com](mailto:Nola@RSBAffiliate.com)



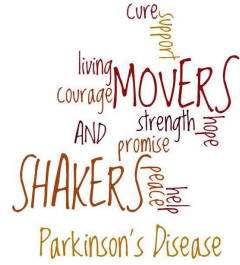


# COMMUNITY ACTION COMMITTEE

Thank you to the following local Parkinson's leaders involved with the Community Action Committee for not only making The Victory Summit® event possible, but for committing to developing meaningful resources in your community.

- **BG Colley**
- **Dominique Thomas, CMA**, *Ochsner Health System  
Movement Disorder Team*
- **Janice Grimes**, *Davis Phinney Foundation Ambassador*
- **Michelle Lane**, *Event Director, Louisiana Walks for  
Parkinson's/Davis Phinney Ambassador*
- **Randy LeBlanc**
- **Susan Sapir-Fields**, *Event Coordinator, Louisiana Walks  
for Parkinson's*

Additional thanks to participants from the following organizations:





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

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