

## Support Groups

### Virtual Parkinson Support Groups

These support groups are open to anyone living with Parkinson's disease, their caregivers and supports, regardless of where they live. They are offered three times of month so people can select one convenient to their schedules.

1<sup>st</sup> Monday of the Month, 1:30 – 3:00 pm

Contact (602) 406-4921 or [Kristina.Watts@DignityHealth.org](mailto:Kristina.Watts@DignityHealth.org)

2<sup>nd</sup> Wednesday of the Month, 1:30 – 3:00 pm

Contact (602) 406-4921 or [Kristina.Watts@DignityHealth.org](mailto:Kristina.Watts@DignityHealth.org)

3<sup>rd</sup> Thursday of the Month, 10:30 am – Noon

Contact (602) 406-4921 or [Kristina.Watts@DignityHealth.org](mailto:Kristina.Watts@DignityHealth.org)

### Caregiver Only Virtual Support Groups

1<sup>st</sup> Wednesday of the Month, 10:00 – 11:00 am

3<sup>rd</sup> Wednesday of the Month 3:00 – 4:00 pm

Contact (602) 406-4266 or [Joanne.Ruelas@DignityHealth.org](mailto:Joanne.Ruelas@DignityHealth.org)

### Existing Support Groups that have been converted to Virtual

The following support groups are open to existing members and any new members who would like to join. These are for people who would typically attend these support groups when they are able to be offered in person again.

#### Phoenix Evening Group

2<sup>nd</sup> & 4<sup>th</sup> Friday of the Month, 4:30 -5:30 pm

Contact (602) 406-3840 or [Patrice.Hatton@DignityHealth.org](mailto:Patrice.Hatton@DignityHealth.org)

#### Scottsdale Recently Diagnosed Group

2<sup>nd</sup> Friday of the Month, 9:00 – 10:30 am

Contact (602) 406-3840 or [Patrice.Hatton@DignityHealth.org](mailto:Patrice.Hatton@DignityHealth.org)

#### Scottsdale Support Group

2<sup>nd</sup> Friday of the Month, 11:00 am – 12:30 pm

Contact (602) 406-3840 or [Patrice.Hatton@DignityHealth.org](mailto:Patrice.Hatton@DignityHealth.org)

#### Surprise Support Group

1<sup>st</sup> Tuesday of the Month, 10:00 – 11:30 am

Contact (602) 406-3840 or [Patrice.Hatton@DignityHealth.org](mailto:Patrice.Hatton@DignityHealth.org)

## Voice and Exercise Classes

### VOICE

#### Live Streaming Voice Class

These virtual streaming classes are open to anyone with living Parkinson's disease and experiencing changes in voice, speech and swallowing. This voice class will teach you how to improve your voice quality and communication through proper breathing and posture, articulation, tone, and facial expression. Sessions are led by a speech-language pathologist. Registration is required.

Tuesdays 1:00- 2:00 pm

#### Live Streaming LOUD Crowd®

The LOUD Crowd® is designed for people who have completed SPEAK OUT!® or LSVT LOUD within the last 9 months. This maintenance program consists of weekly group sessions led by a speech-language pathologist. Registration is required.

Wednesdays 1:00 -2:00 pm

Thursdays 1:00 – 2:00 pm

Contact (602) 406-6175 or [Therese.Uthke@DignityHealth.org](mailto:Therese.Uthke@DignityHealth.org) for all voice exercise classes.

### EXERCISE

**\*See attached list\*\***

#### On Demand Exercise Videos

The following videos have been filmed by the MAPC and their exercise instructors to help you get your daily doses of exercise at your convenience. The videos have been filmed to meet the various levels of ability for those participating to ensure safety. Please participate at your current level. If you have any questions you may call us (602-406-6903) to discuss which classes will be safe for you while keeping you moving.

**Level 1:** This class is of high intensity with little time between transitions, with exercises done from a standing or walking position. Participants can ambulate without support, get up and down from the floor without assistance, and works at a fast pace with high intensity, both cognitively and physically.

**Level 2:** This class is of moderate intensity with exercises done from a standing and walking position. Participants walk without an assistive device and can get up and down from the floor independently, or with minimal support.

**Level 3:** This is a class with exercises performed primarily in a chair or standing with extra support. This class is designed for people who do best in a supported environment with accommodations to maximize the benefits of exercise.

**All levels:** Open to all levels.

## **EXERCISE On Demand Exercise Videos continued**

### **All Levels**

#### **For the following Yoga, Meditation and Stretching**

1. MAPC Chair Yoga
2. MAPC Mat Yoga
3. MAPC Meditation A
4. MAPC Stretching and Dance with Debbie Braganza

<https://ms.barrowneuro.org/Mediasite/Catalog/catalogs/yoga-meditation-and-stretching>

### **Levels 1 & 2 Movement and Wellness Classes**

- A: MAPC PWR!Moves 1 & 2 Seated Warm Up with Darolyn  
<https://ms.barrowneuro.org/Mediasite/Play/ab8d961e2e514466bb6ba81454482d721d>
- B: MAPC PWR!Moves 1 & 2 Standing Warm Up with Darolyn  
<https://ms.barrowneuro.org/Mediasite/Play/b9e87a304b7c48bb99af6d65ef80bfe81d>
- C: MAPC PWR!Moves 1 & 2 Floor Mat Exercises with Darolyn  
<https://ms.barrowneuro.org/Mediasite/Play/c936b9503a8b41088b1fee97eb288e161d>
- D. MAPC PWR!Moves 1 & 2 Standing and Floor Exercises with Therese Abair  
<https://ms.barrowneuro.org/Mediasite/Play/4bd70547731c4219888081c4d2fc43dc1d>
- E. MAPC PWR!Moves 1 & 2 High Intensity Standing and Floor Exercises with Therese Abair  
<https://ms.barrowneuro.org/Mediasite/Play/3bf0f2f364b74b0fa8b34d9a59080c9b1d>

### **Level 3 Movement and Wellness Classes**

- A. MAPC PWR!Moves 3 Seated Warm Up A with Patty  
<https://ms.barrowneuro.org/Mediasite/Play/2bc759f989b444a3ba654baec4ddae1e1d>
- B. MAPC PWR!Moves 3 Seated Warm Up B with Patty  
<https://ms.barrowneuro.org/Mediasite/Play/dc0ce6b913094642a71f2f9177a66ee11d>
- C. MAPC PWR!Moves 3 Seated Warm Up C with Therese Abair  
<https://ms.barrowneuro.org/Mediasite/Play/68de093150e84d73bcd6d60e089cbfa91d>
- D. 4-MAPC PWR!Moves 3 Seated Warm Up D with Therese Abair  
<https://ms.barrowneuro.org/Mediasite/Play/81b5817676f7494eae40373724c4c2741d>

## Other Exercise Resources

### Martin Pear Sun Jewish Community Center in the Valley of the Sun

The Harold and Jean Grossman Parkinson's Program at the J offers a variety of programs for people living with Parkinson's disease and their families. For more information

Contact Jonell Mertens at 602-502-5344 or [JonellM@vosjcc.org](mailto:JonellM@vosjcc.org)

### On Demand at the JCC

The JCC now offers several on demand Parkinson specific exercise classes to keep you moving. Just click in anytime to participate in these pre-recorded classes. Simply click the link below and scroll down to the *Parkinson's Fitness and Resource Section*.

<https://www.vosjcc.org/j-at-home-fitness/#fitness-home-parkinsons>

### Live Fitness Class at the JCC

The JCC also offers the following mainstreamed *Parkinson's Exercise and Socialize Class*

A rotating guest instructor from the JCC will use common household items in a standing workout. Workout can be done in an armless chair for more support. Mondays, 11:30 am.

Click on the following link for more information and to register.

<https://zoom.us/j/95174497333?pwd=Q0Q3dTFRU29ndUhQTmJ2NGhOZ3didz09>

Meeting ID:  
951-7449-7333

Password:  
JCCFitness

### Mark Morris Dance Group | Dance for PD®

Dance for PD® has pre-recorded dance classes, and during Covid-19 they have opened up their studio classes via mainstreaming so you can join the dance class in Brooklyn, NY live. Click here for more information: <https://danceforparkinsons.org/>

*Please scroll below for educational opportunities*

## Education

All of the MAPC Education classes are offered virtually. Please register for the classes you are interested in. Classes will be offered when we have at least 5 people registered and scheduled according to attendees' availability.

### **EDUCATION SESSION FOR THOSE NEWLY DIAGNOSED WITH PD**

This class will help you meet the challenge of a new diagnosis with support optimism and hope. This course will introduce the role and significance of participating in therapies, exercise and education and will provide orientation to MAPC services and community resources.

2<sup>nd</sup> Thursday of the month, 1:30 – 3:00 pm

### **PD 101 & 202 (4-week seminar courses, 2 hours each session)**

**PD 101:** Parkinson's 101 covers basic neurology and the symptoms of Parkinson's disease, medication, nutrition, exercise, mind-body connections such as sleep disorders and depression, caregiving, how to talk to your doctor and any other topics of interest to the group.

**PD 202:** Parkinson's 202 provides in-depth information and practical suggestions, concentrating on the most bothersome non-motor symptoms impacting quality of life in Parkinson's disease. Topics covered include fatigue and energy management, working through depression and anxiety, cognitive changes and keeping your relationships healthy and balanced.

To register for the above education classes, contact (602) 406-6903 or [Darolyn.O'Donnell@DignityHealth.org](mailto:Darolyn.O'Donnell@DignityHealth.org)

### **CARING FOR YOU, CARING FOR ME**

This 6-week educational and support program for care partner was developed through the Rosalynn Carter Institute for Caregiving. The program includes topics such as learning to take care of yourself, building cooperative relationships, preventing and solving issues and problems, and developing resources to help fulfill your care partner role.

Contact (602) 406-4266 or [Joanne.Ruelas@DignityHealth.org](mailto:Joanne.Ruelas@DignityHealth.org)

## MAPC Virtual Exercise Classes Weekly Calendar

Fall 2020

### Mondays

10:00-11:00 Mat Yoga with Yhara  
1:00- 2:00 Music Therapy with Sarah

### Tuesdays

9:30-10:30 PWR!1 with Therese Abair  
10:00-11:00 Art of Moving with Chrissy  
1:00- 2:00 Voice with Therese U

### Wednesdays

1:00- 2:00 Voice with Therese U

### Thursdays

10:00-11:00 Tai Chi with Chrissy  
11:30-12:30 Dance with Debbie  
1:00- 2:00 Voice with Therese U  
2:00- 3:00 PWR3 with Patty  
3:15-4:15 Theatre with Liz  
4:30-5:30 PWR!1 With Therese Abair