



**MICHIGAN  
PARKINSON  
FOUNDATION**

*Helping Families Since 1983*

**Julia Wall,  
Director of Education**

**Parkinson's Resources  
4 Pillars of Support**



## Introduction

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Joined the foundation in 2022

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Henry Ford Parkinson's Center,  
with Dr. Peter LeWitt 1996 - 2022

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Dad was diagnosed at 36yr., same year I  
was born.

Parkinson's is MY normal.



## About the Michigan Parkinson Foundation

- Founded in 1983
- Governed by a Board of Directors who have fiduciary oversight
- Advised by a Professional Advisory Board
- Serve the state of Michigan, independent not affiliated with a national organization
- Funds raised stay in Michigan



# MICHIGAN PARKINSON FOUNDATION

*Helping Families Since 1983*

## **Our Mission**

To provide education and support to: Those affected by Parkinson's disease and related disorders, their loved ones and care partners and the physicians and other professionals who treat individuals with the disease



# MICHIGAN PARKINSON FOUNDATION

*Helping Families Since 1983*

## **Our Vision**

To ensure the Parkinson community has access to responsive, compassionate and quality care.

# MICHIGAN PARKINSON FOUNDATION

*Helping Families Since 1983*

## Meet Our Staff



**Kristin Rossi,**  
Chief Executive Office



**Kellee Johnson,**  
Director of Operations



**Julia Wall,**  
Director of Education



**Alison Chance,**  
Development Manager



**Stephanie Woznak,**  
Licensed Master Social Worker



**Quinn Counseller,**  
Business Development Manager

Not Pictured: Meri Sheen, Database Manager and Rita Dachs, Administrative Coordinator

# 4 Pillars of Support

## Socialization

Unite, collaborate and bring together the Community

## Exercise

Provide infinite exercise opportunities

## Education

Provide education on topics related to PD

## Respite

Offer relief, help and support

# Pillar I: Socialization



- 75 Support Groups throughout the state
- Mentorship
- Community Action Committees
- Quarterly Open House Events
- Partnerships:
  - Independent Parkinson's Network
  - Kirk Gibson Foundation
  - Davis Phinney
  - Team Fox Detroit
  - Unified Parkinson's Advocacy Council
- Diversity, equity and inclusion outreach to underserved communities

## Pillar II: Exercise

- Free Zoom Exercise Classes offered 6 days a week at 10 a.m.
- Resource list of in-person exercise classes in communities across the state
- Four Walk-a-Thon Events
- Speech Therapy



# Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:



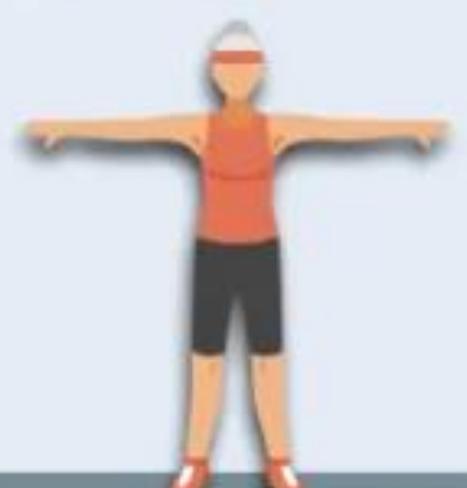
**Aerobic Activity**



**Strength Training**



**Balance, Agility & Multitasking**



**Stretching**

## Importance of Exercise

### **Aerobic activity**

3 days a week for at least 30 minute per session of continuous or intermittent movement at moderate or vigorous intensity

### **Strength training**

2-3 non-consecutive days per week of at least 30 minutes per session for 10-15 repos for major muscle groups; resistance, speed, or power focus

### **Balance, agility and multitasking**

2-3 days per week with daily integration if possible

### **Stretching**

2-3 days per week with daily stretching being most effective



**PWR! Moves Exercise For People With Parkinson's Disease**

Michigan Parkinson Foundation  
278 videos 458 views Updated 7 days ago

Play all Shuffle

Unavailable videos are hidden

- 1 PWR! Moves with Torrey Davenport, PT, DPT – Jan 23, 2023 – Michigan Parkinson Foundation  
Michigan Parkinson Foundation • 42 views • 7 days ago
- 2 PWR! Moves Angee Ludwa, PT – Jan 17, 2023 – Michigan Parkinson Foundation  
Michigan Parkinson Foundation • 103 views • 13 days ago
- 3 PWR! Moves with Torrey Davenport, PT, DPT – Jan 12, 2023 – Michigan Parkinson Foundation  
Michigan Parkinson Foundation • 37 views • 12 days ago
- 4 PWR! Moves with Katie Bourdeau, PT, DPT – Jan 16, 2023 – Michigan Parkinson Foundation  
Michigan Parkinson Foundation • 36 views • 13 days ago
- 5 PWR! Moves Angee Ludwa, PT – Jan 10, 2023 – Michigan Parkinson Foundation  
Michigan Parkinson Foundation • 117 views • 2 weeks ago

# Exercise On Demand

Over 200 recorded exercise sessions can be found on our YouTube page!

[Youtube.com/MichiganParkinsonFoundation](https://www.youtube.com/MichiganParkinsonFoundation)



## Walk-a-Thon Events

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- Our biggest support groups
- Team-based
- Community supported
- Walks in Michigan
  - Traverse City – August 12
  - Metro Detroit – September 23
  - Lansing – September 30
  - Grand Rapids – October 14

# Top Teams Celebrate at Detroit Walk

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# Speech Therapy

Speech Evaluation

Parkinson's Webinar

SPEAK OUT!

Six Week Follow – Up

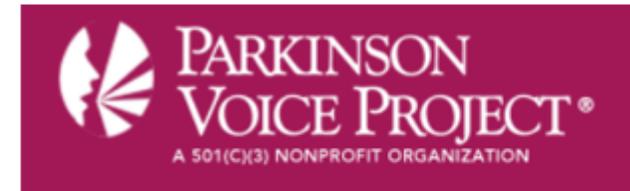
The Loud Crowd

SPEAK OUT!  
Refreshers

Speech &  
Singing Groups

Daily Home  
Practice

Andrews  University



# Pillar III: Education

- Virtual Education Series – 3<sup>rd</sup> Tuesday of every month
- Symposium – May 13, 2023
  - Continuing Medical Education/Continuing Education Units
- Promoting and supporting outreach for the research community
- Disability Consultation
- Information and Referrals
- Caregiving Videos/Certification
- Living with Parkinson's Series
- Information Packets



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# Virtual and In-Person Topics

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Neuroplasticity and Preserving Cognition

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Vision and Parkinson's

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Nutrition

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Tips for Talking to Kids

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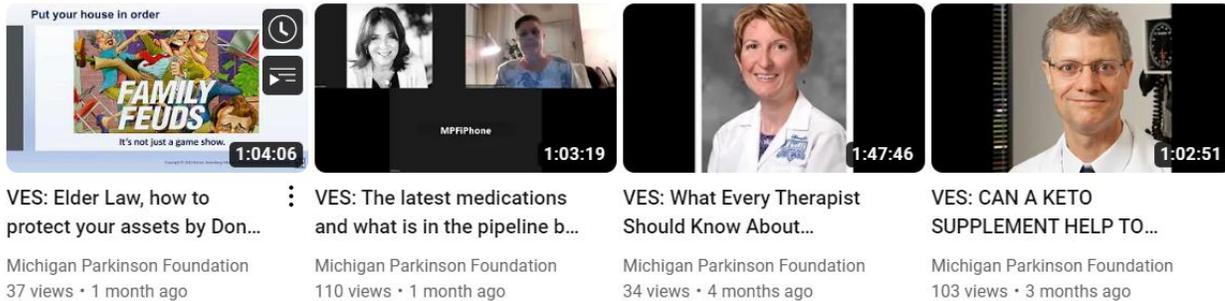
Traveling with Parkinson's

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Elder Law and Estate Planning

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## Healthcare Speakers - Education On Parkinson's Disease ▶ Play all



Put your house in order  
**FAMILY FEUDS**  
It's not just a game show.  
1:04:06

MPPiPhone  
1:03:19

1:47:46

1:02:51

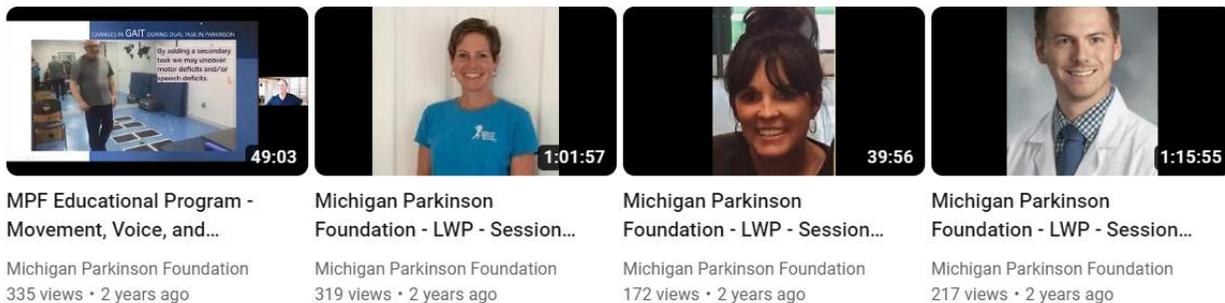
VES: Elder Law, how to protect your assets by Don...  
Michigan Parkinson Foundation  
37 views • 1 month ago

VES: The latest medications and what is in the pipeline b...  
Michigan Parkinson Foundation  
110 views • 1 month ago

VES: What Every Therapist Should Know About...  
Michigan Parkinson Foundation  
34 views • 4 months ago

VES: CAN A KETO SUPPLEMENT HELP TO...  
Michigan Parkinson Foundation  
103 views • 3 months ago

## Living With Parkinson's Disease - Educational Series ▶ Play all



49:03

1:01:57

39:56

1:15:55

MPF Educational Program - Movement, Voice, and...  
Michigan Parkinson Foundation  
335 views • 2 years ago

Michigan Parkinson Foundation - LWP - Session...  
Michigan Parkinson Foundation  
319 views • 2 years ago

Michigan Parkinson Foundation - LWP - Session...  
Michigan Parkinson Foundation  
172 views • 2 years ago

Michigan Parkinson Foundation - LWP - Session...  
Michigan Parkinson Foundation  
217 views • 2 years ago

[youtube.com/MichiganParkinsonFoundation](https://youtube.com/MichiganParkinsonFoundation)



# Caregiver Training Videos



**Caregiver Training And Education Series**  
Michigan Parkinson Foundation  
7 videos 227 views Last updated on May 19, 2022

- 1 **C1 What Is Parkinsons Disease Video 1**  
Michigan Parkinson Foundation • 87 views • 1 year ago  
7:21
- 2 **C2 Managing Medications Video 2**  
Michigan Parkinson Foundation • 42 views • 1 year ago  
8:42
- 3 **C3 Managing Off Episodes Video 3**  
Michigan Parkinson Foundation • 47 views • 1 year ago  
9:00
- 4 **C4 Managing Nutrition & Swallowing Video 4**  
Michigan Parkinson Foundation • 43 views • 1 year ago  
8:45
- 5 **C5 The Dining Room Experience Video 5**  
Michigan Parkinson Foundation • 21 views • 1 year ago  
7:45
- 6 **C6 Managing Communication Video 6**  
Michigan Parkinson Foundation • 30 views • 1 year ago  
8:30
- 7 **C7 Delusions and Dementia Video 7**  
Michigan Parkinson Foundation • 64 views • 1 year ago  
9:18

## Online Training Module for Caregiving provided FREE OF CHARGE to:

Nursing staff for people with Parkinson's residing in a senior living residence, assisted living, or extended care facility

Home Health Care or Senior Care Agencies that provide care in the patient's own home

Family Caregivers

Available on YouTube or via Relias Academy for Certification  
[youtube.com/MichiganParkinsonFoundation](https://youtube.com/MichiganParkinsonFoundation)

# Pro-bono legal advice

Attorneys on the Board of Directors will provide free consultation on:

- Medical disability issues
- Medicare/Medicaid issues
- Guardianship
- Power of Attorney
- End of life planning
- Social Security Disability
- Social Security Income



## Pillar IV: Respite



- Respite Care Assistance for caregivers
- Medication Assistance
- Mobility loan closet
- Mindfulness classes
- Helpline

# Respite Care

Relief, help and support for families

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\$200,000 in financial assistance  
budgeted for 2023

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\$2,000 per family per year

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Each family's situation is evaluated  
on an individual basis

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Application on website

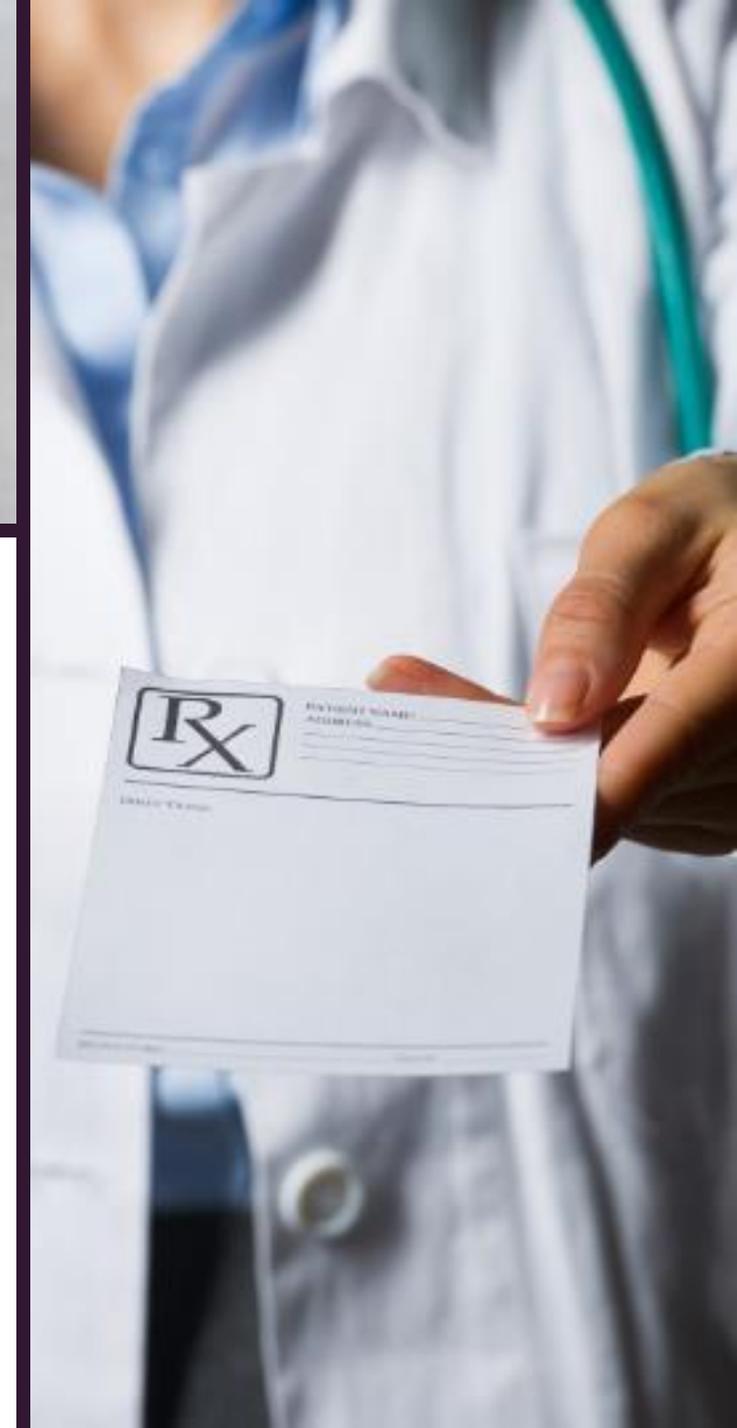
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Respite referrals

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# Respite Medication Assistance



- \$600 in financial assistance a year
- Application on website
- Offered for Parkinson's medications
- No Income limits
- Genoa Pharmacy – mail order scripts
- Additional medication assistance referrals





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## **Mobility Loan Closet**

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Working with families on a case-by-case basis

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Referrals to additional loan closets across the state

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Each family's situation is evaluated on an individual basis

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Items ranging from U-step Walkers, Scooters, Talk Tablet speech aides

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Donated Items

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## Events

Gala

Boat Run

Parkinson's  
Awareness  
Month

Fundraising  
Events

Other 3<sup>rd</sup>  
Party Events



**2022 Gala**

**MICHIGAN PARKINSON FOUNDATION**



# Third Party Events



# Lemonade Fundraiser





- **My Inspiration**





# MICHIGAN PARKINSON FOUNDATION

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**Call us, we can help!**

**Julia Wall**

**248-433-1011**

**800-852-9781**

**Parkinsonsmi.org**

**jwall@parkinsonsmi.org**