

2021 Brain Health Virtual Support Group and Program Guide

Neuroscience Institute



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Programs and Services Offered

- Free virtual support groups
- Wellness and exercise programs
- Education programs
- Caregiver support and education
- Information and referrals
- Short-term counseling in office or by phone
- Quarterly newsletter
- Lending library and free educational materials
- Care consulting



Brain Health Team



**Tori Clay,
MSW**

Parkinson & Movement Disorder Outreach Program, Clinical Social Worker

Tori Clay, MSW, graduated from Florida State University with her Bachelor of Human Services and her Master of Clinical Social Work. She has also completed a Master of Exercise Science from the University of Central Florida and is a certified behavioral health case manager. She has worked with a variety of different populations including children, mental health patients and inmates, but she has spent most of her career working with seniors and their caregivers as it relates to cognitive impairment diagnoses. She joined the Parkinson & Movement Disorder Outreach Program in 2020, and she truly enjoys meeting clients where they are with their illness(es) and supporting them along their journey of changes. She is a dedicated mental health advocate and is dedicated to creating positivity in negative spaces.

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**Mia Watler,
MSW**

Parkinson & Movement Disorder Outreach Program, Social Worker

Mia Watler, MSW, graduated summa cum laude from the University of South Florida with her master's degree in social work. She has conducted clinical research regarding social justice and anti-oppressive practices in social work, as well as international macro work and interventions. She is an experienced clinical professional with a demonstrated history of working in hospitals and health care industries. Her professional interests include clinical research, medical social work and geriatric care. She joined the Parkinson's and Movement Disorder Community Outreach program in 2021 and is excited to continue supporting clients as they navigate their health care journey.

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**Gayle Shepherd,
RN**

Maturing Minds Program, Manager

Gayle Shepherd, RN, is an experienced professional with a history of working in the hospital and health care industry. She is skilled in clinical care, patient advocacy and nursing education with a focus in geriatric care. She has a passion for helping others and manages the Maturing Minds program at AdventHealth, which focuses on offering free virtual support groups to those caring for someone suffering from Alzheimer's disease or dementia.

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**Stephanie
Malally, MSW**

Maturing Minds Program, Clinical Social Worker

Stephanie Malally, MSW, graduated from Sacred Heart University with her bachelor's degree in social work in May of 2001. In May of 2019, she graduated from University of Central Florida with a master's degree in social work. Stephanie is currently a registered clinical social worker intern, as well as a certified trainer with the Department of Elder Affairs for Alzheimer's Disease and Other Related Disorders for adult day care programs and skilled nursing facilities. Throughout her 19 years within the social work field, Stephanie has worked with multiple populations such as children within the dependency system, families, disabled individuals, seniors and individuals diagnosed with Alzheimer's disease or other related disorders. Stephanie really enjoys helping her community and providing the extra support for her patients and caregivers.

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**Laura Russell,
LCSW**

Neuromuscular Medicine Program, Clinical Social Worker

Laura Russell, LCSW, graduated from the University of Central Florida with a master's degree in social work. Since 2013, she has focused her career on providing supportive counseling and resource connection for patients who experience chronic and life-limiting illnesses. Laura's goal is for every individual and their caregiver to feel supported and well-cared for through culturally sensitive intervention. Laura is a licensed clinical social worker and qualified supervisor in the State of Florida. She currently serves as the Neuromuscular Medicine Program social worker.

Phone number: 407-303-1123

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**Lauren Haynes,
MSW**

Neuromuscular Medicine Program, Social Worker

Lauren Haynes, MSW, is a graduate of Southern Adventist University and Barry University and holds a Master of Social Work degree. She has experience in various fields of social work including child welfare, court advocacy, mentorship and teaching. She has been with AdventHealth since 2016 and has served as a hospital case manager in multiple settings. In her experiences, Lauren has found that support fosters empowerment, which in turn contributes to overall wellbeing. As a result, empowerment has become one of Lauren's passions in the field. Lauren also enjoys researching current social work practices especially as it relates to diversity and inclusion. As the field evolves, Lauren is committed to incorporating innovative approaches. Lauren believes in the power of positive thinking and implements this daily. She is now with the Neuroscience Institute team working with MS outreach and NM support.

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Brain Health

2021 Virtual Support Groups, Classes and Educations

Loss & Life Transitions

Virtually — 1st Wednesday of every month
Time: 2 to 3 pm
<https://us02web.zoom.us/j/5044155114>

 This group is for anyone who has experienced a death or a significant life transition. Our support group addresses many topics as it relates to grief, as well as coping with changes. In this group, you will hear about the stages of grief, learn skills to support your grief journey, and have a safe space to share your feelings and frustrations with others going through similar situations.



Living in Place

Dates: April 8, July 8, October 7
Time: 1 to 2 pm
<https://us02web.zoom.us/j/86304118927>

 This educational class is for anyone who has been diagnosed with a neurological, neuromuscular and/or physical impairment. This class focuses on the importance of home safety during physical ability changes. Home modifications and durable medical equipment can increase your ability to continue to live in the comfort of your own home. Whether you're the caregiver or the patient, please join us for an interactive educational webinar hosted by an AdventHealth occupational therapist, social worker and DME provider.

Music Therapy

Virtually — Every Tuesday
Time: 11 am to 12 pm
<https://us02web.zoom.us/j/5044155114>

 Music therapy is defined as the clinical use of music and music interventions by a board-certified music therapist (MT-BC) to address nonmusical functions, such as motor movement, communication and cognition. Music therapy can increase activity in the reward centers of the brain. Join us every Tuesday for a FREE music therapy session, which will include vocal exercises, singing and other activities.

Please register at neuroscienceinstitute.brainhealth@adventhealth.com.

Parkinson & Movement Disorder Outreach Program

2021 Virtual Support Groups and Classes

Parkinson's Main Support Group

Virtually — Every Thursday
Time: 12 to 1 pm
<https://us02web.zoom.us/j/5044155114>

 No matter what age, stage or relationship to Parkinson's or a Parkinsonism, there is always comfort in keeping informed, having a safe place to go to ask questions and having a place to feel empowered to face challenges of PD. Our support group addresses many areas including symptoms of the disease, coping with changes, relationships and intimacy, how to be a self-advocate, treatment options, managing stress and cognitive changes. In this group, you will hear from others at varying ages, stages and relations to the disease, as well as from experts in the field including movement disorder specialists.

Care Partner and Caregiver Support Group

Virtually — Every Tuesday
Time: 2 to 3 pm
<https://us02web.zoom.us/j/5044155114>

 Has your loved one been diagnosed with Parkinson's disease or a Parkinsonism? You may have many questions. Or, you might want to talk to others who are on the same journey of helping a loved one navigate life with PD while managing your own life, needs and stress. Join this empowering group of individuals who are living the ups and downs of care-partnering every day and supporting one another through much laughter and honest talk. This is a very casual, come-as-you-are kind of group. It is the very definition of support.



Young Onset Parkinson's Coffee Talk and Support Group

Virtually — Every Tuesday
Time: 2 to 3 pm
<https://us02web.zoom.us/j/5044155114>

 Approximately 10 percent of all Parkinson's patients have "early onset" of the disease, meaning it is diagnosed before the age of 50. While similar symptoms arise in patients of all ages, there are several distinct differences. Join other members and care partners as we engage in an open discussion or indulge in a presentation led by an expert in the industry to help guide us in our Parkinson's journey. There is great comfort in knowing you are not alone and having others who understand what you are experiencing, sharing ways of coping and resources, and learning about the latest research and treatment options available.

Please register at:
Phone number: 407-303-5295
Email: orl.parkinson@adventhealth.com

Multiple System Atrophy (MSA) & Progressive Supranuclear Palsy (PSP) Support Group

**Virtually — 4th Thursday of every month
Time: 2 to 3 pm**

<https://us02web.zoom.us/j/5044155114>

 This virtual support program is for those who have been diagnosed with MSA or PSP and their care partners. MSA and PSP are both a Parkinsonism with features similar to Parkinson's, but also have some unique symptoms of their own. Because there is a difference in progression and symptoms, we created this unique group to help meet the educational and support needs to assist those along all ages and stages of their MSA and PSP journey.

Huntington's Disease (HD) Support Group

Virtually — 4th Wednesday of every month

Time: 11 am to 12 pm

<https://us02web.zoom.us/j/5044155114>

 No matter what age, stage or relationship to Huntington's Disease, there is always comfort in keeping informed, having a safe place to go to ask questions and having a place to feel empowered to face challenges of HD. Our support group addresses many areas including symptoms of the disease, coping with changes, relationships and intimacy, how to be a self-advocate, treatment options, managing stress and cognitive changes. In this group, you will hear from others at varying ages, stages and relations to the disease.



Movement as Medicine (Dance for Parkinson's)

Virtually — 1st and 3rd Thursday of every month

Time: 1:30 to 2:30 pm

<https://us02web.zoom.us/j/5044155114>

 This is a free class that incorporates various dance and movement forms to address balance, flexibility and spatial awareness with live musical accompaniment. This class, led by Suzanne Salapa, Ed D, head of the Valencia College Department of Dance, explores motion with music in ways that are stimulating and enjoyable. Dr. Salapa has been formally trained in the internationally acclaimed Dance for PD® Program. The Dance for PD® program is built on one fundamental premise: professionally trained dancers are movement experts whose knowledge is useful to persons with PD. The program focuses on stretching and strengthening muscles, balance and rhythm. Dancers know about the power of dance to concentrate mind, body and emotion on movement because they use their thoughts, imagination, eyes, ears and touch to control their bodies every day.

Nova Southeastern University Treatment and Support Group

Virtually — Every Monday and Friday of the month

Time: 2 to 3 pm

In partnership with the Nova Southeastern University (NSU) Speech and Language Department, the Parkinson and Movement Disorder Outreach Program offers a series of treatment and support groups virtually on various topics for both the person with a movement disorder and the care partner. Each group includes breakout sessions, treatments and exercises to help improve speech and swallowing. This is an incredibly fun and valuable program and partnership that we are bringing back for a 3rd year due to its high demand.

Rock Steady Boxing with Cynthia

Virtually — Every Tuesday

Time: 1 to 2 pm

<https://us02web.zoom.us/j/5044155114>

 Rock Steady Boxing (RSB) Orlando enables people with Parkinson's disease to fight their disease and gives hope by improving their quality of life through a non-contact, boxing-based fitness curriculum. Parkinson and Movement Disorder Outreach Program offers the class to our community for FREE.



Please register at: Phone number: 407-303-5295 | Email: orl.parkinson@adventhealth.com



Parkinson's & Movement Disorder Outreach Program - 2021 Speakers

All Presentations are from 12 pm to 1 pm every Thursday.

Date	Speaker	Topic
Feb 11	Anissa Mitchell	Intimacy & Sexuality within PD
Mar 18	TBD	ClinCloud Resources
Mar 25	Robin Rountree & Amy Anglin	In-Home Care Options
Apr 8	Dr. Anwar Ahmed	Open Q & A with our Movement Disorder Specialist
Apr 22	Dr. Ramon Rodriguez	PD Clinical Trials
May 13	Veronica Quinones	ABC's to Senior Living Options
May 27	TBD	Speech Vive Device
June 10	Amanda Kania	Legal Planning: What You Need to Know
June 24	Becky Robey	Financial Strategies for When Life Changes
July 29	Arthur Aldea	Medical Equipment in the Home
Aug 12	TBD	Medication Overview: Myobloc
Sept 9	Thomas Anderson	Navigating Disability Benefits
Oct 14	Beth Davalos	Simple & Effective Coping Skills
Dec 9	Nikki Magyar	Conquering Fall Risk

All group presentation topics and speakers are subject to change.

Maturing Minds 2021 Virtual Support Groups

Maturing Minds Caregiver Support Group

Virtually — Every Monday

Time: 11 am to 12 pm

<https://us02web.zoom.us/j/86739398714>



Taking care of a loved one with a memory disorder can be a rewarding yet challenging endeavor. Our virtual caregiver support group provides education and helpful tips for managing the care of someone who is living with a memory disorder, as well as emotional support and resources.

BrainFlex Wellness Club

Virtually — Every 2nd and 4th Thursday of the month

Time: 1 pm

<https://us02web.zoom.us/j/3876883694>



The primary goal of the BrainFlex Wellness Club is to prevent or slow down cognitive decline. The program includes exercise/meditation, social connections, interactive nutrition education and brain training/lifelong learning. Research continues to reveal that seniors can, in fact, slow decline and improve their quality of life if they commit to incorporating these principles into their lives on a daily basis.

Functionally Fit Exercise Class

Virtually — Every 3rd Thursday of the month

Time: 11 am to 12 pm

<https://us02web.zoom.us/j/3876883694>



The Functionally Fit exercise class is under the supervision of an exercise physiologist. Participants of the Functionally Fit virtual exercise class will be guided through a series of functional strength-training exercises, including interval training that will improve cardiovascular fitness, mobility, motor control and balance. Learn what optimal function should feel like, so you can move more easily and freely during daily activities. Classes and exercises can be modified to best suit the patients' needs. Caregivers may also join in the exercises for their own benefit or to provide assistance.

Please register at:

Phone number: 407-392-9237

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Neuromuscular Outreach Program

2021 Virtual Support Groups

In Sickness & Health Care Partner Support Group

Virtually — 1st Thursday of every month
Time: 12:30 to 1:30 pm
<https://us02web.zoom.us/j/86810576934>

 Has your loved one been diagnosed with a neuromuscular disorder? You may have questions. Or, you might want to talk to others who are also on the same journey of helping a loved one navigate life with a neuromuscular condition - while managing your own life, needs and stress. Join us for an hour of honest conversation, possible tears and lots of laughs. This is a casual, come-as-you-are welcoming setting.

Charcot-Marie-Tooth (CMT) Support Group

Virtually — 1st Tuesday of every month
Time: 1 to 2 pm
<https://us02web.zoom.us/j/89672702657>

 This is a virtual space where you can discuss the emotional and physical challenges of living with CMT. No matter what age, stage or relationship to CMT, there is always comfort in staying informed and having a safe environment to express challenges and learn coping techniques from peers. Our support group addresses many topics and symptoms of the disease, as well as coping with changes of chronic illness. In this group, you will hear from others at varying ages, stages and relations to the disease, as well as from experts in the field including neuromuscular medicine specialists.

Stiff Person Syndrome (SPS) Support Group

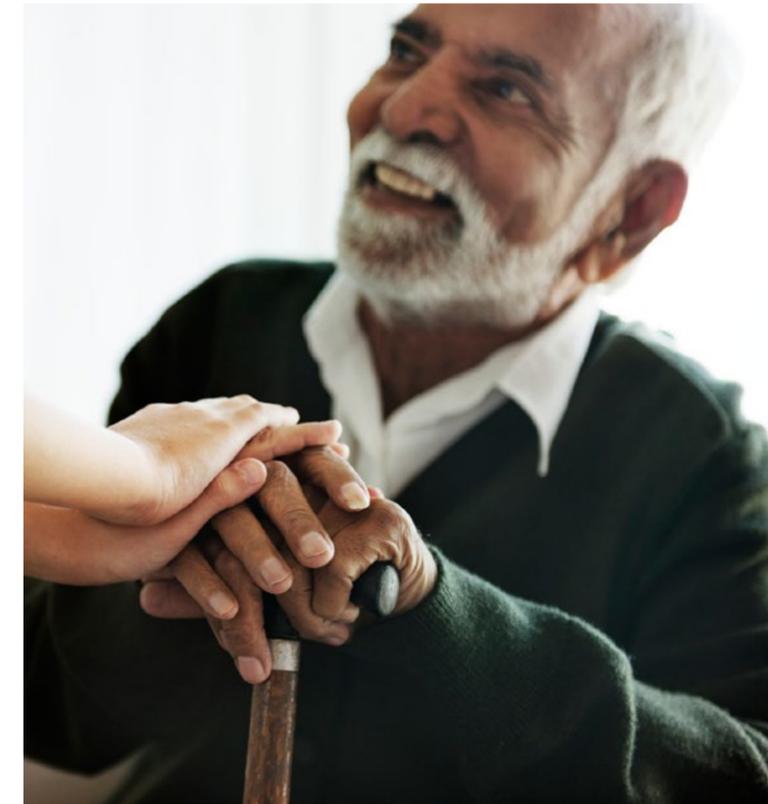
Virtually — 1st and 3rd Wednesday of every month
Time: 2 to 3 pm
<https://us02web.zoom.us/j/89096701780>

 No matter what age or stage, there is always comfort in keeping informed, having a safe place to go to ask questions and a place to feel empowered to face challenges of SPS. Our support group addresses many areas including symptoms of the disease, coping with changes, relationships and intimacy, how to be a self-advocate, treatment options, managing stress and physical changes. In this group, you will hear from others at varying ages, stages and relations to the disease.

Periodic Paralysis (PP) Support Group

Virtually — 2nd Tuesday of every month
Time: 3 to 4 pm
<https://us02web.zoom.us/j/89096701780>

 This is a virtual space where you can discuss the emotional and physical challenges of living with periodic paralysis. No matter what age, stage or relationship to periodic paralysis, there is always comfort in staying informed and having a safe environment to express challenges and learn coping techniques from peers. Our support group addresses many topics and symptoms of the disease, as well as coping with changes of chronic illness. In this group, you will hear from others at varying ages, stages and relations to the disease, as well as from experts in the field including neuromuscular medicine specialists.



Power Hour General Neuromuscular Medicine Support Group

Second Monday of every month!
Beginning April 12, 2021 from 3 to 4 pm
<https://us02web.zoom.us/j/86810576934>

 This group is designed for any person/care partner who has been diagnosed with a neuromuscular disorder. We will virtually gather monthly to share experiences, challenges and offer inspirational support to peers on similar journeys.

Please join us for an hour of honest conversation and fellowship.



Please register at:
Phone number: 407-303-1123 | Email: cfid.neuromuscularoutreach@adventhealth.com



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