



Michigan Parkinson Foundation
30400 Telegraph Road - Suite #150 - Bingham Farms MI 48025
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Michigan Parkinson Foundation (MPF) is a non-profit 501(c) (3) organization in Michigan whose mission is to educate and provide support to people with Parkinson's and related disorders, their loved ones and care partners, and the physicians and other allied health professionals who diagnose and treat those affected by the illness.

Direct Patient Services Contact Info: Mary Sue Lanigan, CEO - 248-433-1117
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PROGRAMS & SERVICES OFFERED BY THE MICHIGAN PARKINSON FOUNDATION

Information and Referral: For patients and families alike, a diagnosis of Parkinson's often results in fear, misinformation and lots of questions. MPF is there with needed help. We provide a toll-free help line (800-852-9781), a website, a newsletter, educational brochures, a library of books and videos, and referrals to neurologists and other community resources.

Website: www.parkinsonsmi.org **104,000 page views**

- Information on the symptoms, diagnosis and treatment of Parkinson's disease (PD)
- Schedule of Parkinson patient education programs throughout the state
- Calendar of events
- PD exercise and dance programs listed by region
- 76 support groups listed by county
- Articles about various aspects of Parkinson's written by experts in Movement Disorders
- List of PD Medications, indications and side effects
- Neurology Referral List
- Electronic version of the Messenger Newsletter

Social Media Presence: MPF Facebook Page had 2,769 active followers at the time of printing.

MPF YouTube Channel: Educational programs, symposiums and forums on Parkinson's are videotaped and posted to our own YouTube channel. Visit www.parkinsonsmi.org.

Subsidized Respite Care Services: Families often become round-the-clock caregivers for those with Parkinson's. MPF helps by providing financial assistance for in home respite care, short term overnight care at a facility or day time Adult Day Care service. We provide up to \$3,865 in respite care per family per year.

Support Groups: MPF sponsors 76 Parkinson's support groups throughout Michigan. These groups provide individuals with Parkinson's disease, their families and friends, a network of information, fellowship and understanding. The MPF provides financial assistance for each group, advertises the group's meetings and maintains an updated list of current support group calendar of events on the website. A hard copy list of all support groups is included in each patient information packet.

Medication Assistance: Medications taken by people with Parkinson's cost between \$1,000 and \$20,000 out of pocket each year! For many who cannot afford this expense, it is a choice of food or treatment. In response, MPF helps pay for prescription medications for qualifying individuals with Parkinson's disease. **We provide up to \$600 per year per person.**

Virtual Support Group offered via telephone conference call. The group meets every other Tuesday evening at 7:00 pm from September through June. This group is for those who are not able to attend a support group in person but want to connect with others who are dealing with the challenges of living with PD.

Subsidized Exercise Tuition Program: For people with Parkinson's who live in Michigan. Contact Mary Sue for more info.

PROGRAMS & SERVICES OFFERED BY THE MICHIGAN PARKINSON FOUNDATION (cont)

Mobility Equipment Lending Program: The MPF receives donations of wheelchairs, electric wheelchairs, electric scooters, U-Step Walkers. We then loan the equipment to those in need. Contact MPF for more info.

Legal Assistance: Attorneys on our volunteer board provide assistance and direction on various legal issues that people with Parkinson's encounter such as: remaining in the work force, obtaining medical disability, estate and trust planning, long term medical guardianship, and power of attorney. Contact MPF for more info.

2020 Patient and Family Education Programs: Programs for people with Parkinson's, their families and caregivers. Contact Emily for more info.

Facilitator Training Thursday, April 23, 2020 at the Marriott Troy. MPF holds a two-day training event at which Facilitators (support group leaders) are invited to come together for training and updates on Parkinson's disease. MPF provides training, lodging and meals for up to four representatives from each support group. This program is offered free of charge by invitation only.

Symposium on Living Your Best Life with Parkinson's on Friday, April 24, 2020 at the Marriott Troy. A series of eight workshops on how to maintain quality of life while living with Parkinson's. Online registration available through our website "Programs" Tab.

Orientation to Parkinson's, a two-hour program for the newly diagnosed. This program is delivered by health care professionals throughout the state. Dates for 2020 Orientations TBD.

Living with Parkinson's, a series of workshops addressing the care, treatment and management of Parkinson's disease. Topics include, *An Overview of PD, Medications, Non-Motor Symptoms, the Role of Physical and Occupational Therapy, Mental Health Issues, Captain of Your Own Ship, and Speech & Swallowing Issues*. This program is offered free of charge and is delivered by health care professionals.

Grosse Pointe – The Helm
158 Ridge Rd, Grosse Pointe Farms, MI 48236
Tues, Weds, & Thurs, May 12, 13, 14, 2020

Houghton – Michigan Tech University
101 Memorial Union, Houghton, MI 49931
Thursday, May 14, 2020

Kalamazoo – Richland Area Community Center
9400 E CD Ave, Richland, MI 49083
Friday, May 1, 8, 15, 22, 29, 2020

Iron Mountain – Bay College West
2801 US-2, Iron Mountain, MI 49801
Friday, May 15, 2020

PD Self Efficacy: A program for the newly diagnosed (under three years) that meets once a month for four hours for nine months. This program provides people with Parkinson's an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence. The program is taught by an occupational therapist and an individual who has lived with PD for eight years. **Starts Wednesday September 18, 2019 through May 2020 and meets the third Wednesday of each month from 11:00 am - 3:00pm** at the MPF office building conference room.

Yoga Adapted for Parkinson's: Classes held at MPF office building in Bingham Farms - every Monday at 11:30 am starting on September 9, 2019 through June 15, 2020.

Research Grants: Research offers new hope for the treatment of Parkinson's, but much more needs to be learned. MPF takes an active role in support of research. Annually, MPF awards grants for research projects focusing on PD to students attending Michigan universities.

Fundraising Events:

- **Metro Detroit Walk - Saturday, June 6, 2020** at Seaholm High School in Birmingham.
- **Southwest Michigan Walk - Saturday, September 26, 2020** at the Village of Vicksburg Recreation Area.
- **Lansing Walk - Saturday, October 3, 2020** at Michigan State University Campus.
- **Gala on Thursday, November 19, 2020** at the Detroit Athletic Club.