

# 2022 Brain Health Program Guide

Neuroscience Institute



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## Programs and Services Offered

- Free support groups
- Wellness and exercise programs
- Education programs
- Caregiver support and education
- Information and referrals
- Care consultation by phone
- Monthly newsletter
- Free educational materials



# 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 degree and her Master of Clinical Social degree. She has also completed a Master of Exercise Science degree from the University of Central Florida and is a certified behavioral health case manager. She has worked with a variety of populations, including children, mental health patients and inmates, but she has spent most of her career working with seniors and their caregivers managing 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 committed to creating positivity in negative spaces.

**Phone number: 407-303-5295**

**Email: orl.parkinson@adventhealth.com**



Mia Watler,  
MSW

## Parkinson & Movement Disorder Outreach Program, Clinical 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 and Movement Disorder Community Outreach program in 2021 and is excited to continue supporting clients as they navigate their health care journey.

**Phone number: 407-303-5295**

**Email: orl.parkinson@adventhealth.com**



Tiffany McIntyre,  
MSW

## Memory Care Clinic, Clinical Social Worker

Tiffany McIntyre, MSW, is an experienced social worker with vast experience in patient and family education, adjustment-to-illness counseling, grief counseling and crisis intervention. She earned her Master of Clinical Social Work degree from the University of Alabama and has certifications in behavioral health case management and mental health targeted case management. Tiffany has a passion for helping others cope with their diagnosis, treatment and prognosis, and find the resources they need to thrive.

**Phone number: 407-392-9237**

**Email: orl.mdc@adventhealth.com**



**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 the 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.

**Phone number: 407-392-9237**

**Email: [orl.mdc@adventhealth.com](mailto:orl.mdc@adventhealth.com)**



**Laura Russell,  
LCSW**

### **Neuromuscular Outreach Program, Licensed 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 Outreach Program social worker.

**Phone number: 407-303-1123**

**Email: [cfd.neuromuscularoutreach@adventhealth.com](mailto:cfd.neuromuscularoutreach@adventhealth.com)**



**Lauren Haynes,  
MSW**

### **Multiple Sclerosis (MS) & Neuroimmunology Outreach Program, Clinical 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 well-being. As a result, empowerment has become one of Lauren's passions in the field. Lauren also enjoys researching current social work practices, especially as they relate 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.

**Phone number: 407-609-7002**

**Email: [nsi.ms.outreach@adventhealth.com](mailto:nsi.ms.outreach@adventhealth.com)**

# Brain Health Wellness Groups and Exercise Classes

## Music Therapy

**Virtually, Tuesday of the Month**

**11 am to 12 pm**

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 such as drumming and instrumentation.



## Fit Minds

**Virtually, 2nd and 4th Thursday of the Month**

**1 to 2 pm**

The Fit Minds program is designed to help enhance the quality of life of seniors who want to keep their minds active. This researched-backed stimulation-therapy program combines meaningful human-to-human engagement with a sophisticated cognitive-improvement program.

## Functionally Fit Exercise Class

**Virtually, 3rd Thursday of the Month**

**11 am to 12 pm**

The Functionally Fit Exercise Class is under the supervision of an exercise physiologist. Participants 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 [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

## NeuroMove Adaptive Exercise Class

**Virtually, 2nd and 4th Thursday of the Month  
12 to 1 pm**

AdventHealth has partnered with Cynthia Khoury Badrak, owner and coach of Rock Steady Boxing of Central Florida, to offer this unique wellness class designed for anyone with a neurological diagnosis. NeuroMove class focuses on moving our bodies in a safe and gentle way, allowing for everyone to work up to their own abilities while sitting or standing. During each class, you practice on good posture and breathing, focusing your eyes and increasing your balance. We will work on fine motor skills, as well as moving all our limbs and joints to improve your range of motion. The goal of this class is to build your strength and stamina as well as help you to create more stability around sitting and standing. This class will include music and games that can help with improving cognitive skills and is for all ages and stages of life. Care-partners are encouraged to participate.

## Movement as Medicine Dance Class

**In Person, 1st Tuesday of the Month**

**2 to 3 pm**

**Virtually, 3rd Tuesday of the Month**

**2 to 3 pm**

Movement as Medicine is a free class that incorporates dance and creative movement to address balance, flexibility and spatial awareness with live musical accompaniment. Led by Dr. Suzanne Salapa, Chair of the Valencia College School of Arts & Entertainment Department of Dance, this class explores motion in ways that are stimulating and enjoyable. Dr. Salapa has been formally trained by the internationally acclaimed Dance for PD® Program, created and sustained by the Mark Morris Dance Center in Brooklyn, New York. Built upon the fundamental premise that professionally trained dancers are movement experts, the class focuses on stretching and strengthening muscles, coordination, balance and rhythm. Research has shown that dance enhances the ability to concentrate the mind, body and emotion which benefits our thoughts, imagination, eyes, ears and touch. Over the years, our Movement as Medicine Performers (not required for class participation) have often been requested to perform multiple times a year in and around our community. Movers and dancers of all levels are welcome. We offer this class once a month in person and once a month virtually. Please join us.

Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

# Brain Health Educational and Awareness Groups & Classes

## Brain Health Education Series

Virtually, 2nd Thursday of the Month

11 am to 12 pm

Date	Topic
02/10	Intimacy & Connection After Diagnosis
03/10	The Psychology Around Chronic Pain
04/14	Legal Support: Planning for the Future
05/12	Clinical Services in the Home
06/09	In-Home Care Options
07/14	Navigating Disability Benefits
08/11	Long-Term Care Planning With Medicaid
09/08	Understanding Medicare
10/13	Nursing Home & Retirement Living Options
11/10	TBD
12/08	Dispelling the Myths of Hospice



## Brain Health Education Courses

### Living in Place

April 28 at 12 pm

July 28 at 12 pm

October 27 at 12 pm

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 (DME) 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.

### In Sickness & Health — Anticipating Crisis & Advanced Life-Planning Education

**Virtually, April 7, July 7 and October 6**

This is an educational course on anticipating the crises that may arise from sudden emotional, physical and/or cognitive changes due to rapid decline seen in progressive disease states. This course will be led by clinical social workers. Topics will include, defining and anticipating crisis, financial and medical advanced directives, locating appropriate resources and how to plan for life's biggest challenges.

Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).



## Maturing Minds Virtual Support Groups

### Caregiver Support Group

**Virtually, Every Monday**

**11 am to 12 pm**

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.

### Fannie's Friend's — Daughter's & Granddaughter's Caregiver Support Group

**Virtually, 2nd Wednesday of the Month**

**6 to 7 pm**

**Virtually, 4th Wednesday of the Month**

**1 to 2 pm**

This unique support group has been made possible through a partnership between AdventHealth and the Alzheimer's and Dementia Resource Center (ADRC). This specialty support group is designed for daughters and granddaughters to help support and address the specific dynamics and needs of caring for a parent or grandparent with AD or other forms of dementia. This group meets twice a month, once in the evening, and once in the afternoon. *Please connect with the ADRC to enroll by emailing info@adrccares.org or calling 407-436-7750.*

Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

# Neuromuscular Outreach Program Virtual Support Groups

## CIDP/GBS Support Group

**Virtually, 2nd Monday of the Month  
3 to 4 pm**

This group welcomes any person and/or loved one experiencing life with chronic inflammatory demyelinating polyneuropathy and/or Guillain-Barré syndrome. We all need a safe space to express our emotions and feelings, and to be heard. This is your space to connect with peers on similar journeys. We all have something unique to share, and we want your voice to be heard.

## Myasthenia Gravis Support Group

**Virtually, 1st Tuesday of the Month  
11:30 am to 12:30 pm**

This group is for those living life with myasthenia gravis. This is a great opportunity to share your experiences openly — free from judgement — in a safe virtual space. Our goal is to help you cope with side effects of treatment, gain insight into disease process and find meaningful ways to enjoy life to the fullest while living with myasthenia gravis.

## Charcot-Marie-Tooth (CMT) Support Group

**Virtually, 1st Tuesday of the Month  
1 to 2 pm**

This is a support group for persons living with CMT and other neuropathies, where you can discuss the emotional and physical challenges of living with CMT. No matter what age you are, or stage of or relationship to CMT you have, there is always comfort in staying informed, having a safe environment to express challenges and learning coping techniques from peers.

## Periodic Paralysis (PP) Support Group

**Virtually, 2nd Tuesday of the Month  
3 to 4 pm**

This support group is for persons living with or impacted by periodic paralysis. This is a safe space to share your story and hear from other peers on similar journeys. This group will help you find meaningful ways to deal with practical problems, such as work or school, coping with physical changes and adjustment to disease process.

## Spinal Muscular Atrophy Support Group

**Virtually, 4th Tuesday of the Month  
3 to 4 pm**

This is a group for persons living life with spinal muscular atrophy. This will provide an opportunity for you to share personal experiences, feelings, and coping strategies, and celebrate life while also expressing life's challenges.

## Stiff Person Syndrome (SPS) Support Group

**Virtually, 1st and 3rd Wednesday of the Month  
2 to 3 pm**

This support group is for persons living with stiff person syndrome. Our support group addresses many topics and symptoms of the disease, coping with changes, relationships and intimacy issues, being a self-advocate, treatment options, managing stress and more.

Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

# Multiple Sclerosis (MS) Outreach Program

## Virtual Support Groups

### My Story Support Group

**Virtually, 4th Tuesday of the Month**

**7 pm to 8 pm**

Join us as we provide a space to share your story and individual experiences, and explore commonalities found in persons living with multiple sclerosis. Together, we will acknowledge challenges and celebrate victories associated with the journey.

### Millennial Strong Support Group

**Virtually, 1st Wednesday of the Month**

**11 am to 12 pm**

This group is available to help individuals living with multiple sclerosis (MS) as they navigate through new chapters of their journey. Here, we will address the challenges unique to MS as it relates to having careers, dating, family planning, physical activity, mental health and much more. We welcome you to join us as we learn from each other and grow together.

### Minority Soul Support Group

**Virtually, 4th Wednesday of the Month**

**11 am to 12 pm**

As a minority living with MS, there are unique difficulties one may face — from differing cultural ideologies and inequality, to the topic of diverse participation in research. This group offers a safe space to discuss those challenges and create meaningful connections with other individuals facing similar experiences.

**Be on the lookout for upcoming special awareness month activities and courses!**



Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

# Parkinson's & Movement Disorder Outreach Program (PMDOP) Support Groups

## Parkinson's & Movement Disorder Activity Hour

**In Person, 1st Wednesday of the Month  
12 pm**

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 a place to feel empowered to face challenges of your diagnosis. We offer a virtual group on the even months and an in-person group and activity hour on the odd months. Our in-person Support Group and Activity Hour offers time to participate in activities meant to help you engage with others and build a support system. These discussions and activities are specific to Parkinson's and movement disorders, so you are always learning something new! Refreshments are provided. *\*Please note, RSVP is required. Alternates in-person and virtual. Please email for more details.*

Date	Topic
01/02/22	"New Year, New You" & Mental Health
03/02/22	"Reframing Negativity," Pet Therapy & an Inside Look at Case Management
05/04/22	"Tips & Tricks for Cognitive Functioning," Memory Care Preview, & Fit Minds Activity
07/06/22	"What is DBS?" & Movement Disorder Bingo With Prizes
09/07/22	"Understanding Duopa" & Personality Quiz/Activity
12/07/22	PMDOP Holiday Gathering – Sponsor Potluck & 2023 Program Reveal

## Care-Partner Connect Support Group

**In Person, 1st Thursday of the Month  
12 to 1 pm**

**Virtually, 3rd Thursday of the Month  
1 to 2 pm**

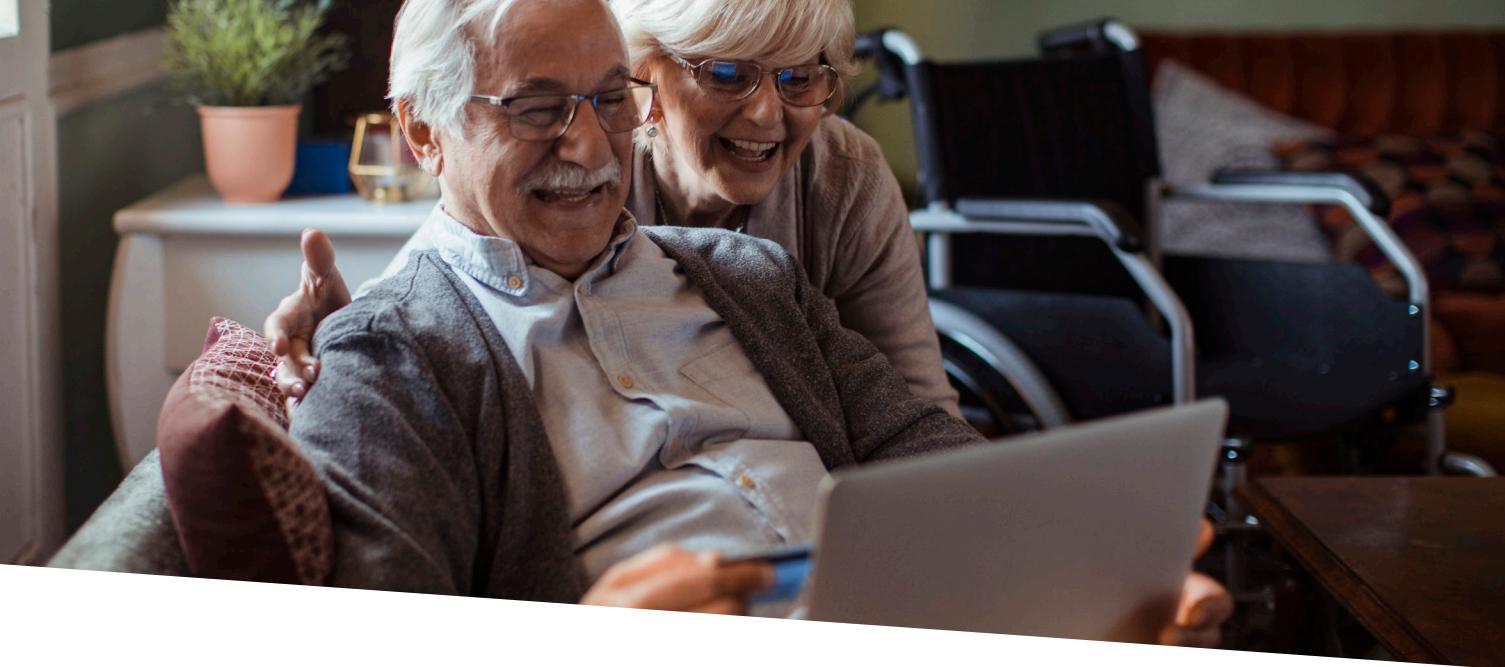
Has your loved one been diagnosed with Parkinson's disease or a Parkinsonism? You may have many questions. Or, you may want to talk to others who are on the same journey of helping a loved one navigate life with PD while managing their own life, needs and stress. Join this empowering group of individuals who are living the ups and down 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 — the very definition of support.

## "Better Together" Young Onset & Newly Diagnosed Support Group

**Virtually, 2nd Tuesday of the Month  
5:30 to 6:30 pm**

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. In addition, learning of your Parkinson's diagnosis can feel isolating. Join other members and care partners as we engage in an open discussion about challenges around being newly diagnosed and/or navigating a young on-set diagnosis. There is great comfort in knowing you are not alone and speaking with 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 [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).



## Huntington's Disease (HD) Support Group

**Virtually, 3rd Tuesday of the Month**

**1 to 2 pm**

Has your loved one been diagnosed with Huntington's Disease? You may have many questions or just want to talk to others who are also on the same journey of helping a loved one navigate life with HD while managing your own life, needs and stress. Join this empowering group of individuals who are living the ups and down of care-partnering every day and supporting one another with laughter and honest talk.

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

**Virtually, 2nd Thursday of the Month**

**2 to 3 pm**

This Virtual Support program is for those who have been diagnosed with MSA or PSP and their care partners. MSA & PSP are both a Parkinsonism with features similar to Parkinson's but also 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 through all ages and stages of their MSA & PSP journey.

## Gentlemen's Support Group

**Virtually, 4th Thursday of the Month**

**11 am to 12 pm**

This support group is for any man who may be navigating a Parkinson's or movement disorder diagnosis. In this group, we will address many topics as it relates to best practices of supporting oneself while building a caring support circle. You will learn skills and tools to aid in your individual journey and have a safe space to share your feelings and frustrations with a community who understands what you are going through.

Please register at [NSI.BrainHealth@adventhealth.com](mailto:NSI.BrainHealth@adventhealth.com).

# PMDOP Wellness and Exercise Groups and Classes

## NOVA's SPEAK OUT! & LOUD Crowd Southeastern University Treatment and Support Group

**Virtually, Every Monday, Wednesday and Friday**

**2 to 3 pm**

In partnership with the Nova Southeastern University (NSU) Speech and Language Department, SPEAK OUT! is a therapy regimen tailored to people with Parkinson's disease to improve their speech, voicing and swallowing. In this program, speech is transformed from an automatic function to an intentional task. SPEAK OUT! is usually completed in 12 sessions spanning four weeks. Then, the client transitions to the LOUD Crowd. During this four-week span, clients report improvement in their speaking, ability to be heard and overall quality of life. LOUD Crowd is the group-therapy portion of the program. The sessions provide maintenance for skills obtained during SPEAK OUT! and are a source of camaraderie for the members. The SPEAK OUT! & LOUD Crowd therapy regimens were developed at Parkinson Voice Project in Richardson, TX. You can visit their website at [ParkinsonVoiceProject.org](http://ParkinsonVoiceProject.org). Nova Southeastern University, in collaboration with the AdventHealth Neuroscience Parkinson & Movement Disorder Community Outreach program, offers SPEAK OUT! and LOUD Crowd virtually through telehealth using the Zoom platform. Please note that the link is variable for this group and attendees are not admitted after 2:10 pm.

## Rock Steady Boxing with Cynthia

**In Person, 1st Thursday of the Month**

**12 to 1 pm**

**Virtually, 3rd Thursday of the Month**

**12 to 1 pm**

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. The Parkinson & Movement Disorder Outreach program offers the class to our community for free.

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Please connect with us on Facebook using the QR codes below.

Neuromuscular  
Medicine Outreach  
Program



MS and  
Neuroimmunology  
Outreach Program



Parkinson's and  
Movement Disorders  
Outreach



Maturing Minds  
Outreach  
Program



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