

# 2020 Parkinson's Empowerment Programs

AdventHealth Parkinson Outreach Center





# Table of Contents

The Parkinson Outreach Center .....	3
Support Day-Programs and Support Groups.....	4
Education Classes.....	9
Wellness Programs.....	12
Exercise Programs.....	14
Additional Community Parkinson's Programs.....	15
List of PD Resources.....	16
Health Equity Promise .....	19



# The Parkinson Outreach Center

The Parkinson Outreach Center was founded in 2004 and since that time has been offering support, education and wellness programs to the Central Florida community free of charge. Staffed by social workers, the Parkinson Outreach Center is devoted to helping people live an empowered life with Parkinson's disease.

## Team



**Anissa Mitchell,  
LCSW**

### **Parkinson Outreach Center Program Manager**

Anissa is a licensed clinical social worker who has been with the AdventHealth Parkinson Outreach Center since 2010. She received her Bachelor of Social Work degree from Ohio University and her Master of Social Work from The Ohio State University. She has worked in a variety of health care settings including women's and children's public health, acute rehabilitation and pain management. She has a passion for helping people impacted by Parkinson's disease. She is the current chair of the Parkinson Association of Central Florida's Advisory Board.



**Alissa Taylor,  
MSW**

### **Parkinson Outreach Center Social Worker**

Alissa Taylor started at the Parkinson Outreach Center in 2018 following her one-year internship for her Master of Social Work at the University of Central Florida (UCF). She received her Bachelor of Social Work from UCF in 2017. She is dedicated to guiding and empowering those with Parkinson's and their families.

## Programs and Services Offered by the Parkinson Outreach Center

- Support group meetings in various locations
- 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

**Questions? Call 407-303-5295**

# Support Day-Programs

These programs are held twice a month in two convenient locations. Services include support group meetings, educational presentations, activity days, exercise classes such as PWR! and Rock Steady Boxing (RSB) and caregiver breakout group meetings. **All programs start at 10 am.**

## SEMINOLE COUNTY LOCATION

**St. Stephen's Lutheran Church (Parish Hall)** | 2140 West State Road 434 | Longwood, FL 32779  
2nd and 4th Tuesday of every month, unless noted otherwise

**10 am to 11 am** Social time and group meeting  
**11 am to 12 pm** Educational presentation or activity (see below)  
**12 pm to 12:45 pm** 2nd Tuesday: PWR! 4th Tuesday: RSB and caregiver breakout group meetings.  
**12:45 pm** Social hour and lunch

Date	Speaker	Topic
Jan 14	Alexandra Mercier	Senior Resources
Jan 28	Ty Arnold	Meditation Activity Day and Extended Caregiver Meeting
Feb 11	Dr. Reddy	Deep Brain Stimulation
Feb 25	Central Florida Community Arts	Enhancing Your Communication
Mar 10	Amy O'Rourke	Power of a Plan
Mar 24	Aubrey Kohler	Driving
Apr 14	NO SESSION	_____
Apr 28	Melissa Arnold	Brainflex Activity Day and Extended Caregiver Meeting
May 12	Dr. Rodriguez	MD UPDATE
May 26	Joshua Freitas	Lewy Body Dementia
Jun 9	Dr. Villar	The Role of Neuropsychology in Parkinson's
Jun 23	NO SESSION	_____
Jul 14	Laura Flores	Swallowing Issues in Parkinson's
Jul 28	Jonathan Kennedy	Duopa for Treatment of Advanced PD
Aug 11	Erica Roush	Brain Donation and Research
Aug 25	CECO	CECO Conductive Education Experience Activity/ Extended Caregiver Meeting
Sep 8	Roslyn Smyth	Downsizing Made Easy
Sep 22	Jennifer Campbell	Voice Group Session – How to Live Out loud
Oct 13	Speaker TBD	Medicare 101
Oct 27	Debra Paluzzi	PD Psychosis
Nov 10	Jeanie Disla	Stress, Anxiety and Depression in PD
Nov 24	NO SESSION	_____
Dec 8	_____	Holiday Party

*All group presentation topics and speakers are subject to change.*



## ORANGE COUNTY LOCATION

WholeLife Church | 2800 North Orange Avenue | Orlando, FL 32804

2nd and 4th Thursday of every month, unless noted otherwise

<b>10 am to 11 am</b>	Social time and group meeting
<b>11 am to 12 pm</b>	Educational presentation or activity (see below)
<b>12 pm to 12:45 pm</b>	RSB and caregiver breakout support-group session
<b>12:45 pm</b>	Social hour and lunch

Date	Speaker	Topic
Jan 9	Dr. Reddy	Deep Brain Stimulation
Jan 23	Ty Arnold	Meditation Activity/Extended Caregiver Meeting
Feb 13	Alexandra Mercier	Senior Resources
Feb 27	Central Florida Community Arts	Enhancing Your Communication
Mar 12	NO SESSION	_____
Mar 26	Amy O'Rourke	Power of a Plan
Apr 9	Dr. Rodriguez	MD Update
Apr 23	Melissa Arnold	Brainflex Interactive Activity/Extended Caregiver Meeting
May 14	NO SESSION	_____
May 28	Joshua Freitas	Lewy Body Dementia
Jun 11	Aubrey Kohler	Driving
Jun 25	Debra Paluzzi	PD Psychosis
Jul 9	Laura Patrick	Swallowing Issues in PD
Jul 23	Kristy Meyers	Medication Overview: Apokyn and Xadago
Aug 13	Jonathan Kennedy	Duopoa for Advanced Parkinson's
Aug 27	CECO	CECO Conductive Education Interactive Activity/Extended Caregiver Meeting
Sep 10	Roslyn Smyth	Downsizing Made Easy
Sep 24	Jennifer Campbell	Voice Group Session – How to Live Out loud
Oct 8	Jodi Nadler	Neuropsychological Assessment in PD
Oct 22	Jeanie Disla	Stress, Depression and Anxiety
Nov 12	Speaker TBD	Medicare 101
Nov 26	NO SESSION	_____
Dec 10	_____	Holiday Party

*All group presentation topics and speakers are subject to change.*

## Support Groups

### Educational Support Group Series at Nova Southeastern University

In partnership with the Nova Southeastern University (NSU) Speech and Language Department, the Parkinson Outreach Center will offer a series of educational support groups on various Parkinson's topics for both the person with Parkinson's and the care partner at the NSU Orlando campus near Millenia Mall.

**Selected Tuesdays from 12 pm to 1 pm**  
4850 Millenia Blvd., Orlando, FL 32839

**Registration requested by calling**  
**407-303-5295**

Dates	
Jan 28	June 30
Feb 25	July 28
March 31	Sept 29
May 26	Oct 27



### Young Onset Parkinson's Disease (YOPD) Support Group

Young onset Parkinson's disease support group meetings are for those under 50 years of age who have been diagnosed with Parkinson's and their loved ones. Those with YOPD are in a different stage of life, often still working, and may have children at home.

**These meetings are held on the 1st Thursday evening of each month and include educational presentations and group discussion. 6:30 pm to 8:30 pm**

**If you would like to join this group, contact the Parkinson Outreach Center at 407-303-5295.**

Date	Speaker	Topic
Feb 6	Ty Arnold	Yoga Nidra to Aide Sleep and Relaxation
Mar 5	Dr. Rothenberg	Sexuality and Intimacy in Parkinson's
Apr 2	Morris Beato	Role of PT and Exercise in PD
May 7	Dr. Rodriguez	PD Update/ Q&A
Jun 4	Kristy Meyers	Medication Overview: Apokyn and Xadago
Jul 2	NO SESSION	_____
Aug 6	Speaker TBD	
Sep 3	_____	Open Discussion
Oct 1	Dr. Reddy	Deep Brain Stimulation
Nov 5	_____	Friendsgiving Holiday Celebration



## Osceola County Support Groups

### AdventHealth Celebration

Palms Conference Room

400 Celebration Place

Celebration, FL 34747

**3rd Wednesday of each month**

**From 1:30 pm-3:30 pm**

**1:30 pm to 2:30 pm** Caregiver meeting/  
Pedaling for Parkinson's class

(Contact Fitness Center at 407-303-4400  
for Pedaling for Parkinson's class information)

**2:30 pm to 3:30 pm** Support group meeting  
and presentation



Date	Speaker	Topic
Jan 15	Amy O'Rourke	Power of a Plan
Feb 19	Dr. Reddy	Deep Brain Stimulation
Mar 18	Speaker TBD	Swallowing Issues
Apr 15	Ericka Roush	Brain Donation and Research
May 20	Craig Paulshock	Q&A on Managing Surgery with PD
Jun 17	Jonathan Kennedy	Duopa for Advance Parkinson's Treatment

Date	Speaker	Topic
Jul 15	Kristy Meyers	Medication Overview: Apokyn and Xadago
Aug 19	Speaker TBD	Medicare 101
Sep 16	Dr. Rodriguez	PD Update/ Q&A
Oct 21	Robert Warns	Nutrition in PD
Nov 18	April Boykin	Stress, Depression and Anxiety
Dec 16	_____	Holiday Party

## Lake County Support Group

### AdventHealth Waterman

Creation Conference Center

1000 Waterman Way

Tavares, FL 32778

2nd Monday of each month

**1 pm to 3 pm** Presentations and support-group meetings for both patients and care partners

Date	Speaker	Topic
Jan 13	Dr. William Saunders	Part I of Series Neuropsych Testing in PD
Feb 10	Dr. William Saunders	Stress, Depression and Anxiety in PD, Series II
Mar 9	NO SESSION	_____
Apr 13	Danny Ruby	RSB Demo and Caregiver Breakout
May 11	Erica Roush	Brain Donation and Research
Jun 8	Jonathan Kennedy	Duopa for Advanced Parkinson's
Jul 13	Speaker TBD	_____
Aug 10	Kristy Meyers	Medication Overview: Apokyn and Xadago
Sep 14	Mount Dora Center for the Arts	Group Discussion/ Art Activity and Caregiver Breakout
Oct 12	Speaker TBD	_____
Nov 9	Speaker TBD	Medicare 101
Dec 14	_____	Holiday Party

*All group presentation topics and speakers are subject to change.*

## NEW! Multiple System Atrophy (MSA) Support Group

This new support program is for those who have been diagnosed with MSA, a Parkinsonism with features similar to Parkinson's but also some unique symptoms of its own. Because there is a difference in progression and symptoms, a support group for those diagnosed with MSA and their care partners has been created to help meet educational and support needs. This program will be offered quarterly on the last Wednesday of the month on the dates listed below, and will include a presentation followed by a therapeutic activity for the diagnosed person and a caregiver breakout session.

### Center for Health and Wellbeing

2005 Mizell Avenue

Winter Park, FL 32792

**This group requires pre-registration. Please call 407-303-5295.**

Date	Speaker	Topic
Jan 29	Dr. Ramon Rodriguez	Overview of MSA/ Therapeutic Art and Caregiver Meeting
April 29	Ty Arnold	Meditation for Stress and Sleep/ Drumming and Caregiver Meeting
July 29	AdventHealth Sports Med and Rehab	PT and ST for MSA/ Therapeutic Art and Caregiver Meeting
Oct 28	Erica Roush	Brain Donation/ Drumming and Caregiver Meeting



## NEW! Evening Support Group for Those with Parkinson's and Care Partners

A new evening support group is being held quarterly to accommodate those who are working or just unable to make groups held during the day. This group is open to anyone with Parkinson's and their care partners.

**Registration is required for this group due to space limitations. Call the Parkinson Outreach Center at 407-303-5295.**

**Dates:** Feb 24, April 27, Aug 24, Oct 26  
**5 pm to 6:30 pm**

## Parkinson's Empower Hour Small Group

If you are a person with Parkinson's looking for a smaller, more intimate meeting for open topic discussion, join us for this quarterly group.

Third Tuesday quarterly  
**3 pm to 4 pm**

**Dates:** Jan 21, April 21, July 21, Oct 20

**This group requires registration due to space limits. Call the POC office to join in at 407-303-5295.**

## PD Link: A Peer-to-Peer Support Program

PD Link is a short-term, peer-to-peer connection for those who either have Parkinson's or care for someone who does and would like to talk with someone on a one-on-one basis.

The Parkinson Outreach Center connects volunteers living with Parkinson's (or care partners) to others in a similar situation for a short-term connection.

**If you would like to be connected to someone, or are willing to volunteer, please contact the Parkinson Outreach Center at 407-303-5295.**



## Education Classes

Whether you are newly diagnosed or have been living with Parkinson's for a while, understanding your disease and how to manage it is important. At the AdventHealth Parkinson Outreach Center, we offer different tiers of learning. Tier 1 is for beginners and starts with PD 101. Tier 2 includes COPE caregiver training and PD CARE patient self-management education. Tier 3 consists of ongoing education through our annual conference, patient education at group meetings and quarterly newsletters.

### TIER 1 EDUCATION

#### PD 101: The Basics You and Your Family Should Know

PD 101 is a basic overview of Parkinson's disease symptoms, treatments and information to help the newly diagnosed or those who need a better, general understanding of the disease.

This class is offered in various locations and times listed below. **Registration is required.** For more information, contact 407-303-5295.

#### WEST ORANGE LOCATION

AdventHealth Winter Garden  
2000 Fowler Grove Blvd.  
Winter Garden, FL 34787  
Trail and Grove Conference Rooms

Date	Time
------	------

Feb 17      2 pm to 2:30 pm

#### EVENING CLASS

Center for Health and Wellbeing  
2005 Mizell Avenue  
Winter Park, FL 32792

Date	Time
------	------

Apr 17      6 pm to 7:30 pm

#### SEMINOLE COUNTY

One Senior Place  
715 Douglas Avenue  
Altamonte Springs, FL 32714

Date	Time
------	------

Aug 17      2 pm to 3:30 pm





## TIER 2 EDUCATION

### Care Optimally Parkinson Education (COPE) for Caregivers

Has your loved one been diagnosed with Parkinson's disease? You may have many questions about what this means and how you should prepare. That's why we created Care Optimally Parkinson Education (COPE) — a caregiver education program that prepares you for your journey of helping your loved one with Parkinson's and teaches you how to manage your own needs and stress. COPE is not just a caregiver education program, it is also a support group and offers individual counseling sessions on a short-term, as-needed basis.

This program is offered at various locations and times. **Space is limited. Registration is required. For more information, contact 407-303-5295.**

#### EVENING CLASS

Center for Health and Wellbeing  
2005 Mizell Avenue, Winter Park, FL 32792

Dates	Time
April 14, 15, 16	5 pm to 7:30 pm

#### SEMINOLE COUNTY LOCATION

One Senior Place  
715 Douglas Avenue  
Altamonte Springs, FL 32714

Dates	Time
Oct 14, 15	1 pm to 5 pm

#### WEST ORANGE LOCATION

AdventHealth Winter Garden  
2000 Fowler Grove Blvd.  
Winter Garden, FL 34787  
Trail Conference Room

Dates	Time
June 24, 25	1 pm to 5 pm

### Parkinson's Disease CARE: Coping, Advocating, Relating and Engaging (PD: CARE) for Patients

If you have been diagnosed with Parkinson's, you may wonder how you will deal with the diagnosis, manage your health and maintain a quality of life. PD-CARE is a self-management program that has been developed to help you start on your journey informed, empowered and ready to face the challenges of PD. This education and small-group support program will take a deep dive into the symptoms of the disease and address such topics as coping with changes, work-related concerns, relationships and intimacy, being a self-advocate, treatment options and more.

This program is offered in various locations and times listed below. **Space is limited and registration required. For more information, contact 407-303-5295.**

#### EVENING CLASS

Center for Health and Wellbeing  
2005 Mizell Avenue, Winter Park, FL 32792

Dates	Time
March 24, 25, 26	5 pm to 7:30 pm

#### SEMINOLE COUNTY LOCATION

One Senior Place  
715 Douglas Avenue  
Altamonte Springs, FL 32714

Date	Time
Sept 16, 17	1 pm to 5 pm

#### WEST ORANGE LOCATION

AdventHealth Winter Garden  
2000 Fowler Grove Blvd.  
Winter Garden, FL 34787  
Trail Conference Room

Dates	Time
July 15, 16	1 pm to 5 pm

## TIER 3 EDUCATION

### Parkinson's: Brain and Beyond Conference

Every year the Parkinson Outreach Center provides a FREE, annual Parkinson's conference for people with Parkinson's and their loved ones. This program seeks to provide the latest information on Parkinson's treatment, research and inspiration. Each year experts in the field are brought in along with a variety of local resources to encourage, equip and educate the community. Save the date for our 2020 conference to be held at the Marriott Lake Mary on Friday, March 13, 2020. For more information or to register please call 407-303-1700.

### Educational Presentations at Support Groups

The AdventHealth Parkinson Outreach Center provides ongoing education on Parkinson's disease as well as other important PD-related educational topics. Presentations are available during most support group meetings. For more information call 407-303-5295.

### Brain N Motion Quarterly Newsletter

The AdventHealth Parkinson Outreach Center, Parkinson Association of Central Florida and Synexus Research partner to offer a quarterly educational newsletter connecting the PD community to valuable information, resources and cutting-edge research. **If you would like to receive the newsletter, contact 407-303-5295.**

## Wellness Programs

### Creative Arts and Wellness Day-Program

Join us twice a month on the first and third Thursdays for an arts and wellness-based day program. Research has shown that people who engage in supportive and creative programs improve their quality of life. Feel free to bring your lunch!

Time	Program
11 am to 11:50 am	Chair Yoga
12 pm to 12:50 pm	Music Therapy. Week #1: vocal practice. Week #3: drumming
1 pm to 1:50 pm	Therapeutic Art
2 pm to 3:15 pm	Movement as Medicine (Dance for Parkinson's)

**Registration for classes is not required unless noted otherwise above.**

**For more information call 407-303-5295.**

**These programs are FREE but a \$5 donation is appreciated.**





## Arts and Wellness Day-Program Descriptions

### Chair Yoga for Parkinson's

Join us for a FREE twice-a-month chair yoga session. This program will guide you through easy poses that will help stretch your muscles, improve range of motion and reduce your stress. This program is for people with Parkinson's and/or their caregivers.

### Music Therapy

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, specifically the release of dopamine in response to music, and can improve the vocal intensity, intelligibility, and conversational speech of Parkinson's patients. Join us for a twice-a-month FREE music therapy session which will include vocal exercises, singing and other activities such as drumming and instrumentation. In addition, the program offers a choir, called the Happy Bunch, which selects music to perform in the community several times a year.

### Therapeutic Art

Enjoy creative expression through various art mediums. You do not need to be an artist or be able to draw! This class is for anyone who would like to participate in a fun, stimulating and stress-reducing, mind-body experience.

This class has limited seating so **registration is required.**

**Call 407-303-5295 for more information on these programs or to reserve your space for each art session.**

### Movement as Medicine (Dance for Parkinson's)

This is a FREE class that incorporates various dance and movement forms to address balance, flexibility and spatial awareness with live musical accompaniment.



## Free Physical Therapy and Cognitive Screening Events

The Parkinson Outreach Center, in partnership with the UCF Doctor of Physical Therapy (DPT) program, will host two therapy screening events. Research indicates that people often wait before seeking therapy, but earlier intervention can help address changes not readily noticeable early on and can help improve quality of life and reduce falls. Join us for a FREE screening day completed by DPT students and their instructors. You will be provided results to share with your physician. **Registration for these events is required; call 407-303-5295.**

The programs will be held on: Wednesday, April 8, 2020 from 9 am to 12 pm and Wednesday, September 30, 2020 from 9 am to 12 pm.

**WholeLife Church (formerly Florida Hospital Church)**

2800 North Orange Avenue

Orlando, FL 32804

## Living Out Loud

This voice-therapy group is designed for those who have completed the LSVT Loud® speech therapy program and would like to work on maintaining skills. This program is offered on the 3rd Wednesday of every month from 12:00 to 12:45 pm in the Neurology Conference Room at AdventHealth Medical Group Neurology, 1573 Fairbanks Avenue, Winter Park, FL. This program does have a fee of \$7.00 per class payable one session at a time, or via a one-time yearly payment of \$70.00 **To register for the class, please call 407-303-7600.**



# Exercise Programs

## PWR! Parkinson Wellness Recovery

This exercise class utilizes high effort for bigger and faster movements, while directing your attention on “how it feels” to use your full movement potential. Emphasis is on optimal functioning. Offered at AdventHealth Sports Med & Rehab in various locations, and at various dates and times. Fees apply. **For more information, contact the location nearest you.**

- Altamonte Springs 407-303-5465
- Lake Mary 407-323-0399
- Apopka 407-889-1039
- East Orlando 407-303-8626
- Celebration 407-303-4400

## Pedaling for Parkinson's in Celebration

AdventHealth Celebration is offering Pedaling for Parkinson's — an indoor cycling program that provides a safe and effective way for Parkinson's patients to combat symptoms and improve motor function. This program is led by an exercise physiologist and is held on Tuesdays and Wednesdays at 1:30 pm at the Fitness Center. **For more information, call 407-303-4400.**

**Please note: All programs listed above are subject to change.  
Call the Parkinson Outreach Center for more information at 407-303-5295.**





## Care Consultation and Short-Term Counseling

The AdventHealth Parkinson Outreach Center offers consultations by phone or in person for those diagnosed or caring for someone with Parkinson's to provide education and access to community resources. Short-term counseling is also offered to individuals and couples to address issues such as coping with and adjusting to a diagnosis, as well as relationship and family issues. All consultations and counseling are free and offered by Parkinson's trained social workers. If you would like to schedule an appointment, please call 407-303-5295.

## Additional Community Parkinson's Programs

### Pedaling for Parkinson's

This fun, interactive group class uses high-cadence cycling (80–90 rpm) on spin bikes and is open to those with PD and their caregivers. Classes are held three times a week on Mondays, Wednesdays and Fridays from 2 pm to 3 pm. Fees apply.

**For more information, contact Debbie Apple at 321-356-7899.**

### Rock Steady Boxing (RSB) at Center for Health and Wellbeing

RSB gives people with Parkinson's disease hope by improving their quality of life through a non-contact, boxing-based fitness curriculum. All skill levels welcome. Classes are held on Tuesday and Thursday, 2 pm to 3 pm at the Center for Health and Wellbeing, 2005 Mizell Avenue, Winter Park, FL 32792. **For more information, call 407-644-3606.**

### Rock Steady Boxing at CORE

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. Various levels and class times are available and held at 1191 Commerce Park Drive, Altamonte Springs, FL 32714. **For more information, call 407-951-8936.**

### Rock Steady Boxing Central Florida

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. Classes are held three times a week on Monday, Wednesday and Friday at 12 pm. Various levels and class times are available and held at Wadeview Neighborhood Center: 2177 Summerlin Avenue, Orlando, FL 32806. **For more information, call 917-853-9102.**

# Parkinson's Resources

## American Parkinson Disease Association (APDA)

This group funds research and offers free educational resources.

**APDAParkinson.org**  
**800-223-2732**

## Davis Phinney Foundation

Offers inspiration, education and wellness resources including webinars, DVDs and other educational tools.

**DavisPhinneyFoundation.org**  
**866-358-0285**

## Michael J. Fox Foundation

Funds Parkinson's research and offers the Fox Trial Finder where one can register, develop a profile and be linked to current research studies.

**MichaelJFox.org**  
**800-708-7644**

## Melvin Weinstein Parkinson's Foundation

A not-for-profit organization that helps people with PD obtain equipment and other needs when one cannot afford it, in order to live safe and independently.

**MWPF.org**  
**757-313-9729**

## Parkinson Association of Central Florida (PACF)

Our local association helps raise awareness and funds, which support local Parkinson's programs.

Each year, PACF holds an annual Walk for Parkinson's. The 2020 walk will be held on Saturday, April 4, 2020 at Cranes Roost Park.

**ParkinsonCF.org**  
**321-348-7223**

## Parkinson Foundation

Provides free educational resources, webinars and a helpline.

**Parkinson.org**  
**Helpline: 800-4PD-INFO (473-4636)**

## PMDAlliance

Offers education and resources online and in live events.

**pmdalliance.org**  
**800-256-0966**

## Other Resources

Senior Resource Alliance	800-963-5337
One Senior Place	407-949-6733
Premier Pointe	407-703-7022

### Adult Day Care

Share the Care	407-423-5311
Easter Seals Day Break	407-629-4565

**For additional resources and assistance, call the Parkinson Outreach Center office at 407-303-5295.**

[illegible]



# Our Health Equity Promise

## Patient Protection and Affordable Care Act: Section 1557

**AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.**

**AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:**

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

**AdventHealth provides free language services to people whose primary language is not English, such as:**

- Qualified interpreters
- Information written in other languages

**If you need these services, please call 407-303-5600 x1106707.**

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or [fh.risk.management@adventhealth.com](mailto:fh.risk.management@adventhealth.com).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone at:

**U.S. Department of Health and Human Services**  
200 Independence Avenue, SW  
Room 509F, HHH Building Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at [hhs.gov/ocr/office/file/index.html](https://hhs.gov/ocr/office/file/index.html).

**The statements below direct people whose primary language is not English to translation assistance.**

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

**注意:** 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

**Atansyon:** Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

**ملحوظة:** إذا كنت لا تتحدث اللغة الانجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الإتصال بالرقم أدناه.

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

**ВНИМАНИЕ!** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

**સુચના:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

**ATENÇÃO:** Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

**ध्यान दें:** यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

**اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.**

**توجہ فرمائیے۔** اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دیئے گئے نمبر پر کال کریں۔

**注意:** 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

**ໄປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໄດ້ອະໄພສິດ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ເບິ່ງເບື້ອງລຸ່ມ

**LUS CEEB TOOM:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

**ATTENZIONE:** Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

**407-303-5600 ☎ 407-303-3025**



407-303-5295 | [AdventHealthNeuroInstitute.com](https://www.AdventHealthNeuroInstitute.com)