

THE YOUNG PARKINSON'S
SUPPORT GROUPS CONNECTICUT

EXERCISE
CLASS
TAI CHI
CLASS
DANCE
CLASS
VOICE THERAPY

COMPLIMENTARY
RESOURCES

NEUROLOGISTS

GUIDE
ADDITIONAL
WEBSITES

PARKINSON'S DISEASE CONNECTICUT resources

DEEP BRAIN
STIMULATION

CONNECTICUT PARKINSON'S
SUPPORT GROUPS

ASSOCIATIONS &
FOUNDATIONS
NATIONAL
CARE PARTNERS
SUPPORT GROUPS

ASSOCIATIONS &
FOUNDATIONS
STATEWIDE
CLINICAL
TRIALS
SPECIALIZED
SERVICES



PARKINSON'S DISEASE CONNECTICUT resources GUIDE

This Guide is a work in progress. We will be updating and adding new resources as we learn about them. Please assist us in our endeavor by sending resource information to resources_guide@cpwg.org

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Movement Disorder Society

CT Specialists

Contact: CT American Parkinson Disease Association Chapter, 860-248-9200

Connecticut Neurologists

Find a Doctor by specialty or region of CT
Healthgrades.com

Hospital for Special Care

New Britain

Parkinson's Disease and Movement Disorders Center

Contact: Sharon McDermott 860-612-6305

CT Hospitals — Check For Neurology Departments

Contact: CT Hospital Association
chime.org 203-265-7611



GERONTOLOGISTS

CT Association of Area Agencies on Aging-throughout CT
ctagenciesonaging.org

SLEEP CLINICS

Gaylord Hospital
Contact: gaylord.org. 203-284-2800



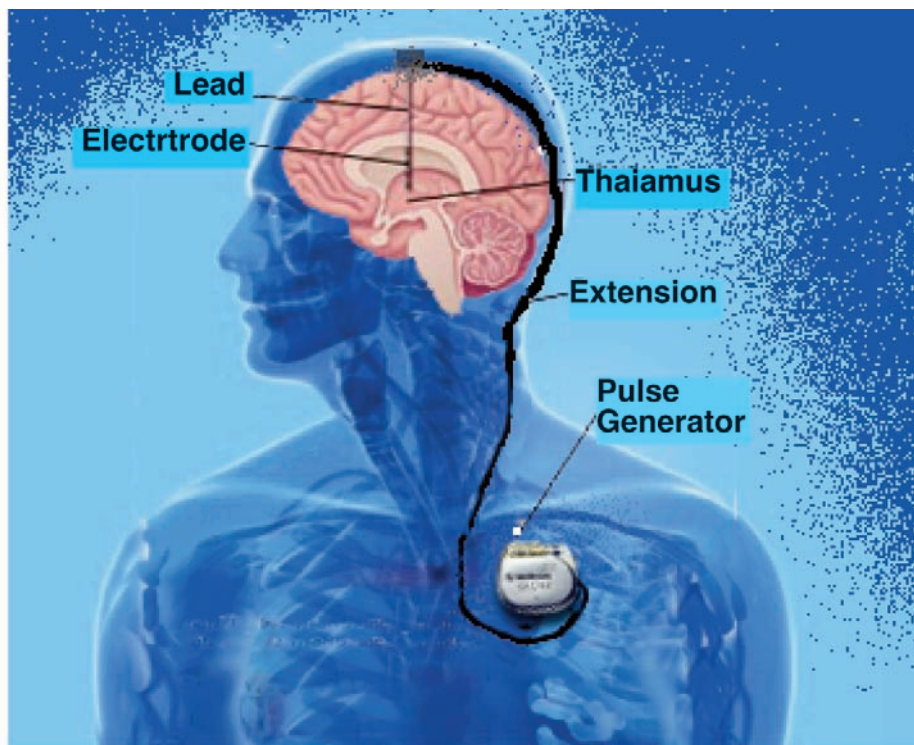
Medtronic, Inc.

Disseminates guide to the Implanting Centers
in the Connecticut area

Contact: Michael Hahn,

michael.hahn@medtronic.com

203-470-0715



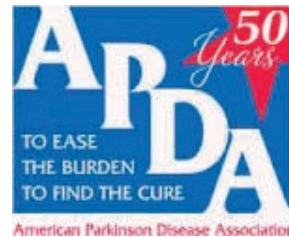
Information and Referral, Education, Webinars, Newsletters

Associations and Foundations have excellent educational webinars,
many archived. Sign up on their sites to receive information.

American Parkinson Disease Association (APDA)

apdaparkinson.org

1-800-223 – 2732



Michael J. Fox Foundation for Parkinson's Research (MJFF)

Michaeljfox.org 1-800-708-7644

Partners in Parkinson's, a health initiative
designed to provide new tools and resources
to optimize care at every stage of the disease.

partnersinparkinson's.org



National Parkinson Foundation (NPF)

parkinson.org

1-800-473-4636



Parkinson's Disease Foundation
(PDF)

pdf.org
1-800-457-6676



Parkinson's Action Network (PAN)
(advocacy organization)

parkinsonsaction.org
1-800-850-4726



Young Onset Parkinson's
See Above -APDA and National Parkinson
Foundation

Information and Referral, Education

APDA – Connecticut Chapter
CTAPDA.org

Contact: Mary Ellen Thibodeau, 860-248-9200

PAN – Connecticut Chapter
donf@optonline.net

Contact: Don Feliciano, 203-314-2356

Veterans Administration,
West Haven, CT

Contact: Dr. Diana Richardson, 203-932-5711

Connecticut Parkinson's Working Group (CPWG)

3rd Sat. of the month, The Village at South Farms, Middletown.

cpwg.org

Contact: Jeffrey LaGrange, 860-346-2212

CT Advocates for Parkinson's (CAP)
CAPs of Southbury, Glastonbury, Branford

parkinsonsct.org

Contact: Steve DeWitte, 860-868-7966

Michelle Hespeler, 860-463-3747

CURENOW, organization that raises funds directed to Parkinsons research. Contact: Karl Hespeler. khespeler@tricomgroup.com

Make A Difference Parkinson's Alliance (MADPA)

Working as a united voice for the cure. Comprised of three support groups in CT:

- CT Advocates for Parkinson's, Steve DeWitte, sdkeepthefait@gmail.com
- CT Parkinson's Working Group, Jill Baldwin jerseyisle@hotmail.com
- Torrington Area Parkinson's Support Group, sgpelchat@sbcglobal.net
www.allianceparkinson's.com

Contact: Steve DeWitte, 860-868-7966

CT APDA Affiliated Support Groups

CTAPDA.org

MThibodeau@outlook.com

Contact : Mary Ellen Thibodeau, 860-248-9200

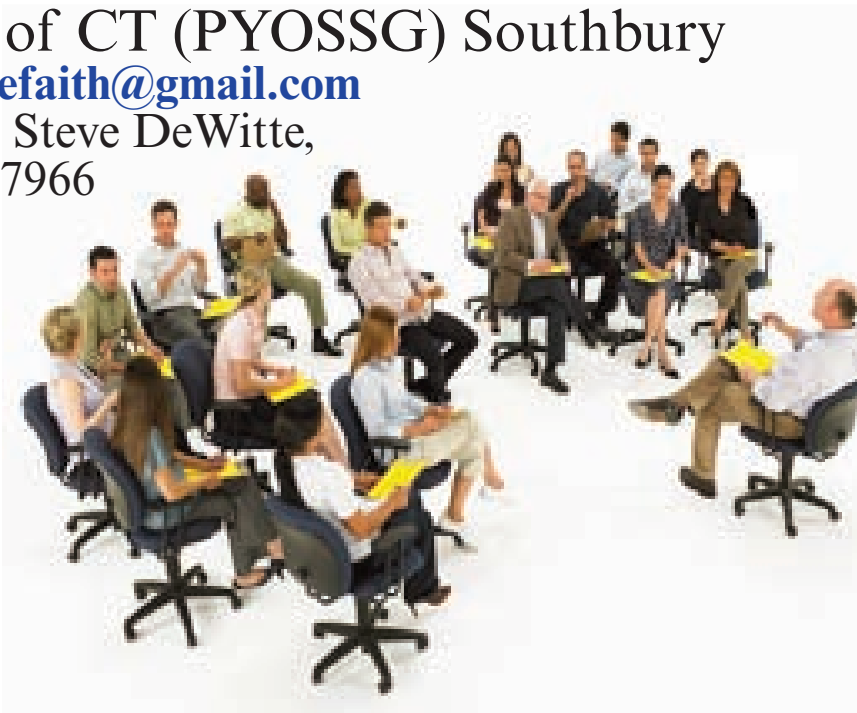
Support groups by town:

Bridgeport, Derby-Griffin Hospital,
East Hartford, Ellington, Farmington,
Glastonbury, Groton, Guilford, Hamden,
Milford, Mystic, New Britain, New Canaan/
Young Onset, Hospital for Special Care,
Putnam, Ridgefield, Rocky Hill, Shelton.
Southbury, South Windsor, Stamford,
Wallingford, West Hartford, Westport,
Westport/Young Onset, Willimantic,
Woodbridge

Parkinson's Young Onset Support Group of CT (PYOSSG) Southbury

sdkeepthefait@gmail.com

Contact: Steve DeWitte,
860-868-7966



Young Young Active Parkinson's
Advocates of Connecticut (YYAPA)
yyapamichelle@comcast.net

Greater Hartford

Contact: Michelle Hespeler, 860-463-3747

Torrington Area Parkinson's Support
Group

<http://www.torringtonparkinsonssupportgroup.com>

Contact: Susan Pelchat, sgpelchat@sbcglobal.net
860-489-1677

Connecticut Parkinson's Working Group (CPWG)

3rd Saturday of month, The Village at South Farms, Middletown.

lisagb@comcast.net

Contact: Lisa Burtt, 860-398-1632

Visiting Nurse Association Community Healthcare (VNA)

Guilford

Contact: Kathleen Eagle, 203- 458-4284



EXERCISE

LSVT BIG (Statewide Physical Therapy)

To find certified LSVT BIG therapist in CT.

www.lsvtglobal.com

Contact: LSVT, 1-888-438-5788

Contact in CT: Mary Ellen Thibodeau, APDA,
CT Chapter, 860-248-9200

Senior Centers Throughout
Connecticut

See statewide listing at –

www.ctseniorcentersbytown.pdf

General Parkinson's Exercise

Danbury: Medical Fitness Center,

203-748-2551 ext.364

West Hartford: Atria, 860-787-5009

Delay the Disease Exercise Program,

Westbrook: Valley Shore YMCA

<http://vsymca.org/delay-the-disease/>

Ellen Nichele, enichele@vsymca.org

860-399-9622 x121 (Tuesday, Thursday)

Beat Parkinson's Disease Today
(Functional Interval Training and Boxing for
People With Parkinson's Disease)
Locations throughout the state: Branford,
Enfield, Glastonbury, Marlborough,
New Britain, New Milford, Old Saybrook
www.beatpdtoday.com
Contact: Michelle Hespeler, 860-463-3747

Rock Steady Boxing
Deep River: Squared Circle Studio
<http://www.squaredcircle.com>
Contact: 860-301-9291
(Tuesday, Thursday, Saturday)

East Hartford
www.barebonesboxing.com
Contact: Gwen, 860-568-8000

Therapeutic Exercise for PD
Middletown Senior Center
Contact: Kitch Czernicki, 860-798-5867

The Watermark, Bridgeport, CT
Contact: Cindy McGuire, 203-373-6108

Visiting Nurse Association
Community Healthcare (VNA) Guilford
Contact: Kathleen Eagle, 203-458-4284

Joint Effort Guided low impact exercises for
age 50 plus. JointEffortExercise@gmail.com
Contact: David Penna, 203-458-6633

DANCE

Dancing with Parkinson's Program
"Dancing For Joy"

Sponsored by Neighborhood Music School:

<http://neighborhoodmusic school.org>.

Teacher Affiliate of Dance for PD.

[http:// danceforparkinsons.org](http://danceforparkinsons.org).

Middletown and New Haven

Contact: Laura Richling, 203-624-5189 or
203-675-2930

New London

Contact: Rachel Balaban, 401-261-7062

Parkinson's Dance Class
Shoreline/Guilford and Old Saybrook
Sponsored by Rehab Concepts, Physical
Therapy Services
Contact: Rose Costanzo, 203-623-1931

TAI CHI

Exercise—Tai Chi for Health
Wallingford Senior Center
Contact: Phyllis Drescher, 203-265-0223

MASSAGE THERAPY

Massage Therapy
Contact: Lynne Keyser, LMT, Hands Over Pain,
203-215-0213

VOICE THERAPY

LSVT LOUD (Statewide Voice Therapy
designed for those with Parkinsons)
To find certified LSVT LOUD speech therapist
in CT: www.lsvtglobal.com
Contact: LSVT, 1-888-438-5788
In CT, contact Mary Ellen Thibodeau, APDA
CT Chapter, 860-248-9200

Voice Therapy
Guilford Contact: Amy Levine, Rehab
Concepts, 203-458-6268

New Britain Contact: Kimberly Winter, SLP,
Hospital for Special Care, 860-827-1958

Wallingford Contact: Donna Shumway,
Masonicare Health Center,
(Outpatient Rehab Services), 203-679-6909

CONNECTICUT MEDICAL MARIJUANA PROGRAM

Contact: www.ct.gov/dep/mmp, 888-445-2951
Talk to your own Doctor first but if you need state authorized Doctor –
Contact: <http://www.marijuanadoctors.com>
888-445-2951

DURABLE MEDICAL EQUIPMENT

See your local pharmacies and drug stores

Charlies Closet, Guilford , CT, used and shared medical equipment clearing house.
Contact: gimct.org/closet 203-453-8359

HOME MODIFICATION

AARP, Road to Livability
Contact: Erica Michalowski, Hartford Office
EMichalowski@aarp.org 860-548-3163

Institute for Neurodegenerative Disorders (IND)

indd.org

Contact: 1-800-401-4300

Pfizer New Haven CRU (Clinical Research Unit)

www.newhavencru.com

Contact: Barbara Fussell, RN, 203-401-0397

MJFF Fox Trial Finder

(info re: research trials and participation)

<http://www.michaeljfox.org>

Contact: 1-800-708-7644

Clinical Trials Transportation Program

Help interested volunteers, either with or without Parkinsons, to get to and from clinical trial appointments.

(CT, NY, BOSTON)

Contact: Steve DeWitte,

clinicaltrialrides@gmail.com

203-415-1676



GENERAL INFO AND EDUCATION (videos, webinars, webcasts)

<http://www.worldpdcoalition.org> World Parkinson Coalition archives 2015. Webcasts exploring current thinking and cutting edge issues in Parkinsons Disease. Fourth World Parkinson's Congress to take place in Portland, Oregon, September, 20 to 23, 2016, with webcasts to follow.

<http://www.ninds.nih.gov/> (National Institute of Neurological Disorders and Stroke)

<http://www.parkinsonscreativecollective.org>
(group who wrote The Peripatetic Pursuit of Parkinson Disease)

<http://www.movementdisorders.org>

<http://www.theparkinsonsgroup.com>
(prominent neurologists)

<http://www.NeuroConnection.net>

<http://www.worldpdcoalition.org> World Parkinson Coalition archives 2015 webcasts exploring current thinking and cutting edge issues in Parkinsons Disease.

<http://neurotalk.psychcentral.com/>

<http://www.americanbrainfoundation.org>

GENETIC TESTING

<http://www.23andme.com>

HOSPITAL STAYS

<http://www.awareincare.org> (NPF program and free kit to support best possible care during hospital stay)



LEGAL ISSUES

http://www.pdf.org/en/parkinson_briefing_legal_issues (webinar)

MEDICATION RELATED

<http://www.needymeds.org>

(patient assistance programs)

<http://www.pharmacychecker.com>

WORK AND DISABILITY ISSUES

<http://www.ncil.org> (National Council on Independent Living)

<http://www.askjan.org> (Job Accomodation Network)

COMPLIMENTARY RESOURCES

<http://www.danceforparkinsons.org> (dance for those with Parkinson's Disease)

<http://www.limyoga.com> (Renee Le Verrier's, person with Parkinson's, yoga for movement disorders)