

## History of the Parkinson's Support Group of Panama City



When a person receives the diagnosis of Parkinson's disease, he / she might react with feelings of hopelessness. That is understandable. PD is a degenerative disease and there is no cure. However, there is a lot that can be done to live well with Parkinson's. Our Parkinson's Support Group was formed to promote awareness and advocacy for people living with Parkinson's disease and to provide information, answers, and support for them and their caregivers.

Senior Helpers started the Parkinson's Support Group of Panama City to share the Parkinson's Care Program free with the community once a month. On 4/9/17, Karen McGee, SLP met with the people who attended the already existing PD Support Group at HealthSouth that met on Sundays. For several months, Karen and one couple attended that support group meeting. Karen & the couple decided to move the Parkinson's Support Group meetings to Brookdale Asst. Living until 10/10/18 when hurricane Michael destroyed Panama City. Then the Parkinson's Support Group of Panama City moved to the Beach Chamber where we met every month on the 2<sup>nd</sup> Tuesday until 9/14/21. In October, we were scheduled for a one time meeting at the Lyndell Senior Center, but that event was canceled. In November, the Parkinson's Support Group continued meeting at the Beach Chamber until January 2022 when Bridges of Hope moved the Parkinson's Support Group back to Brookdale Asst. Living.

Our meetings were *free* and open to the public. We had a lending library and materials provided for *free* at each meeting including Parkinson's Care Program DVDs available at each meeting. For more information, to receive a *free* Parkinson's Care Program<sup>®</sup> DVD, or to learn more about Senior Helpers, call 850.215.1793

**2<sup>nd</sup> Tuesday of each month**  
**Panama City Beach Chamber**  
**309 R. Jackson Blvd.**  
**Panama City Beach, FL**

During the first half of the meeting our guest speaker provided Parkinson's-specific information, resources, treatment options, and topics of importance to people who are affected by Parkinson's disease. During the second half of the meeting, people living with PD and their caregivers had an opportunity to ask questions and share life experiences. We used the Parkinson's Care Program<sup>®</sup> (created by Senior Helpers) to answer questions and provide strategies for motor / non-motor symptoms.

We encourage anyone on the Parkinson's disease journey, including people living with PD, their caregivers, family, and friends to attend. Together, you can learn ways to live your best life with Parkinson's disease. You are not alone! Join a Parkinson's Support Group this month to experience the difference a support group can make in your life.



For information about Parkinson's Support Groups  
see website: <https://bridgesofcare.org>

## **History of the Parkinson's Support Group of Panama City**

### **2017**

- 4/9/17 Karen McGee w/Senior Helpers Re: Parkinson's Care Program® (video) – at Healthsouth Rehab**
- 5/14/17 Karen McGee w/Senior Helpers Re: Parkinson's Care Program® motor & non-motor strategies**
- 6/13/17 Karen McGee w/Senior Helpers Re: Parkinson's Care Program® (video) – refreshments by Brookdale**
- 7/11/17 Karen McGee w/Senior Helpers Re: Dance for PD exercise (video) – refreshments provided by Brookdale**
- 8/8/17 Karen McGee, SLP Re: Lee Silverman's Voice Treatment (LSVT) Loud – refreshments provided by Brookdale**

### **2018**

- 2/13/18 Karen McGee w/Senior Helpers Re: Music and movement – Youtube video for Gait Training - Brookdale**
- 3/13/18 Deon Jones, PT w/Gulf Coast Rehab Re: Parkinson's Wellness Recovery (PWR) program - Brookdale**
- 4/10/18 Dr. Nazir, Neurologist w/Brain and Spine Center – refreshments provided by Brookdale**
- 5/8/18 John Chapman w/Chapman's Champions Re: Boxing and PD – refreshments Brookdale Asst. Living**
- 6/12/18 Bethany Campbell w/Surterra – Medical Marijuana and PD – refreshments by Brookdale**
- 9/12/18 Kim Bibeau w/Rock Steady Boxing from Tallahassee, FL Re: Fighter demonstration – Brookdale**
- 10/10/18 Canceled – hurricane Michael**
- 11/13/18 Elaine Keebaugh w/Boston Scientific – PD and Deep Brain Stimulation – refreshments at Seagrass Village**
- 12/12/18 Karen McGee, w/Senior Helpers Re: Parkinson's Care Program® motor & non-motor symptoms – Seagrass**

### **2019**

- 1/8/19 Karen McGee w/Senior Helpers Re: Parkinson's Care Program® motor & non-motor symptoms – Seagrass**
- 2/12/19 Deon Jones, PT Up-date regarding PD, Movement Specialists, and PWR program – at Brookdale**
- 3/12/19 Karen McGee w/Senior Helpers presents "Music and Movement for PD" using PCP® - Brookdale**
- 4/9/19 Jim McGee w/Senior Helpers Re: new Rock Steady Boxing in Panama City 5/6/19 – Brookdale**
- 5/14/19 Jim McGee w/Senior Helpers Re: "850 Strong" Rock Steady Boxing – refreshments provided by Brookdale**
- 6/11/19 Erick Dillard w/Acorda Re: Inbrija - oral inhalant for improved function during off periods - Brookdale**
- 7/9/19 Elaine Keebaugh w/Boston Scientific Re: PD and Deep Brain Stimulation (speaker on 11/13/18) - Brookdale**
- 8/13/19 Bethany Campbell w/Surterra Re: Medical Marijuana & PD (speaker on 6/12/18) – Beach Chamber / Blake**
- 9/10/19 Dr. Tara Kimbason, Neurologist / Movement Specialist w/TMH Re: Movement & PD - Blake**
- 10/8/19 Colleen Cox & Ashley Carroll Re: Sounds of Joy Wellness Choir – refreshments provided by The Blake at PCB**
- 11/12/19 Parkinson's Wellness Expo, Woodlawn UMC, keynote Dr. Tara Kimbason, Neurologist / Movement Specialist**
- 12/10/19 Kelli Cianelli & Susie Garcia w/Therapy1One Re: LSVT Big and Karen McGee, SLP Re: LSVT Loud**

### **2020**

- 1/14/20 Michelle Clay w/Intel Professional Services Re: Medicare and Karen McGee, SLP w/Speak Up! Re: SpeechVive**
- 2/11/20 Dr. Kimbason, Neurologist / Movement Specialist w/TMH Re: Apokyn – sponsored by U S World Meds**
- 3/10/20 Dr. Kimbason, Neurologist / Movement Specialist w/TMH Re: Depression / Hallucinations and PD**
- 4/14/20 Mohamed Hasein DPT Owner/Advance Rehab Re: LSVT Big**
- 5/12/20 Karen McGee, SLP - Senior Helpers "Parkinson's Care Program" strategies for motor & non-motor symptoms**
- 6/9/20 Karen McGee, SLP – Dementia Family Pathways website – resources for people living with Parkinson's disease**
- 7/14/20 Karen McGee, SLP – "Compare and Contrast Lewy Bodies dementia with Parkinson's disease"**
- 8/11/20 Anytime Fitness Callaway Ribbon Cutting**
- 9/8/20 John Zells, Patient Advocate & Elaine Keebaugh, PhD Boston Scientific and Deep Brain Stimulation**
- 10/13/20 Acadia, Cindy Rodriguez**
- 11/13/20 Speech Vive, Jim Turnbaugh**
- 12/10/20 Bethany Campbell, Kaya Life Medical Marijuana**

## ***History of the Parkinson's Support Group of Panama City***

### **2021**

- 1/21/21 "Stronger Together" – 2<sup>nd</sup> annual Parkinson's Wellness Expo.***
- 2/9/21 Zoom meeting – Total HealthWorks***
- 3/9/21 Zoom meeting – Total HealthWorks***
- 4/13/21 Zoom meeting – Total HealthWorks***
- 5/11/21 Emerald Coast Rock Steady Boxing, John Chapman & 850 Strong Rock Steady Boxing, Liz Hunt***
- 6/15/21 Zoom meeting – Parkinson's Care Program, Karen McGee CCC-SLP***
- 7/13/21 Round Table – Deep Brain Stimulation Brian Richardson, Abbott & Alaine Keebaugh, Boston Scientific***
- 8/21/21 Speech Vive, Jim Turnbaugh***
- 9/14/21 Legislative Mandate for PD Education & Medical Marijuana, Michelle Wilson***
- 10/11/21 Medical Marijuana, Bethan Campbel Panama City Beach Senior Center on Lyndell Avenue, PCB***
- 11/8/22 Lee Silverman's Voice Treatment vs. SpeechVive, Karen McGee, SLP Senior Helpers of Panama City***
- 12/13/22 Parkinson's Care Program, Karen McGee, SLP Senior Helpers of Panama City***