

# LOUISIANA PARKINSON'S RESOURCES

## Mission for Movement (formerly Capital Area Parkinson's Activities Committee)

[themissionformovement.com](http://themissionformovement.com).

We, people with Parkinson's Disease and our community, offer support, resources, and connections for everyone.

### Louisiana Parkinson's Support Groups

*Please Note: Due to unforeseen circumstances, meeting dates and venue locations may change. Please contact the group leader before attending a meeting for the first time to verify date, time, and location.*

#### Alexandria

Will update ASAP – No group at present time

#### Baton Rouge

Baton Rouge Area Parkinson's Disease Support Group

Bluebonnet Regional Branch Library

Meetings: 3rd Thursday at 1:00 pm (except June & December)

9200 Bluebonnet Blvd,

Baton Rouge, LA, 70810

Contacts:

Sally Palmer: 225-773-7892, [pd.bluebonnet@gmail.com](mailto:pd.bluebonnet@gmail.com)

Greg Palmer: 225-772-3441, [gregorvpalmer@cox.net](mailto:gregorvpalmer@cox.net)

#### Movers & Shakers of Baton Rouge

Sage Rehabilitation

Meetings: 4th Saturday at 10:00am – 12:00pm

6313 Picardy Ave.

Baton Rouge, LA, 70809

Contact: Randy LeBlanc: 225-933-8294 or [leblanc3@cox.net](mailto:leblanc3@cox.net)

Contact: Carmen Higgins: 225-936-1569 or [cghiggins1955@gmail.com](mailto:cghiggins1955@gmail.com)

Facebook: Movers and Shakers of Baton Rouge

<https://www.facebook.com/groups/2410350369213843/>

#### Covington/Mandeville

Krav Maga / Rock Steady Boxing

Meetings: 1st Friday of the month at 1pm.

2640 N. Hwy 190, Suite A

Covington 70433

Contact: Pat Thompson: 949-322-3815 or [pt1887@gmail.com](mailto:pt1887@gmail.com)

#### Hammond

Meetings: Not meeting at present time.

Contact: Mickey Royce: 985-974-3080 or [mickev.royce@gmail.com](mailto:mickev.royce@gmail.com)

Harahan: Parkinson's Circle of Friends

The Blake at Colonial Club Senior Living Facility

Meetings: 3rd Tuesday each month @ 1pm

7904 Jefferson Highway, Harahan, LA, 70123

Contact: Susan Sapir-Fields: 504-432-0006 or [ssapir985@yahoo.com](mailto:ssapir985@yahoo.com)

Contact: Michelle Lane: 504-952-6659 or [pdcirclefriends@gmail.com](mailto:pdcirclefriends@gmail.com)

<https://www.facebook.com/groups/904448456246285>

## **Houma/Thibodeaux:**

Terrebonne General Medical Center Parkinson's Group

Terrebonne General Medical Center

8166 W. Main Street, Houma, LA, 70360

Contact: Alexis Westerman, LMSW 985-850-6043 or [alexis.westerman@thealthsystem.com](mailto:alexis.westerman@thealthsystem.com)

## **Lafayette**

City Club in River Ranch

Meetings: 3rd Monday at 6:00pm

1100 Camellia Blvd.

Lafayette, LA

Contact: Patrice Williams: 985-397-3648 or [patrice@dugasoil.com](mailto:patrice@dugasoil.com) or

[info@lftparkinsonsupport.com](mailto:info@lftparkinsonsupport.com)

## **Lake Charles**

Humana Market Place

Meetings: 3rd Thursday at 1:00pm (Every 3 months)

3625 Nelson Rd Suite B.

Lake Charles, LA, 70605

Contact: Eligha Guillory Jr., (337) 310-0083 [info@elijavfd.org](mailto:info@elijavfd.org)

Contact: Sandy McNeeley Duhon (337) 515-9341 [duhonsg@hotmail.com](mailto:duhonsg@hotmail.com)

## **Monroe**

The Jim Altick Parkinson's Support Group

St. Alban's Episcopal Church

Meetings: 2nd Wednesday at 12:00pm (light lunch), 1:00pm presenter/program

2816 Deborah Dr., Monroe, LA, 71201

Contact: Cynthia Montcalm, LPC, LMFT: 318-348-1296 [cynthiamontcalm@gmail.com](mailto:cynthiamontcalm@gmail.com)

## **Morgan City**

Bayou Vista Branch Library

Meetings: 2nd or 3rd Tuesday every 3 months (4 support groups a year)

1325 Bellview Street, Morgan City, LA, 70380

Contact: Mary Ann Adams: 985-395-9949 or [madams1104@yahoo.com](mailto:madams1104@yahoo.com)

## **New Orleans**

Touro Infirmary – Meeting Room Varies

Meetings: 3rd Monday at 3:00pm

401 Foucher St.

New Orleans, LA, 70115

Contact: Stephanie Gioe, Frannie Bienvenue or Keith Randazzo at 504-897-8135

## **Northshore-Slidell**

Lamb Of God Lutheran Church

Meetings: 1st Wednesday at 6:30PM

57210 Allen Road

Slidell, LA

Contact: Mark Ellerman [mark.ellermann@gmail.com](mailto:mark.ellermann@gmail.com) or [northshorepdgroup@gmail.com](mailto:northshorepdgroup@gmail.com)

<http://www.facebook.com/group/northshoreparkinsons>

## **Ruston**

Community Trust Bank

Meetings: Every 6 weeks at 10:00am

Community Room 1511

N. Trenton St.

Ruston, LA, 71270

Contacts: Bill Attebery: 318-255-2805

## Shreveport

People with Parkinson's & Care Partners Support Group

Meetings: 2nd Friday at 1:00pm

Willis-Knighton Eye Institute Auditorium

2611 Greenwood Rd.

Shreveport, LA, 71103

Contact: 318-212-2720 [parkinsonsresource@gmail.com](mailto:parkinsonsresource@gmail.com)

Website: <https://www.wkhs.com/classes-and-events/support-groups/parkinson's-support-group>

Facebook: <https://www.facebook.com/parkinsons.resource/>

## Westlake

Westlake Recreation Center

Meetings: 3rd Tuesday of each Month @ 6pm

1221 Sampson St

Westlake, LA

Contact: Rick Johnston (337)842-2211 [wpw.rick@gmail.com](mailto:wpw.rick@gmail.com)

## Louisiana Parkinson's Caregiver Support Groups

**Note: These support groups are to support the caregiver of a loved one with Parkinson's Disease**

### Lake Charles (Caregivers Only)

Humana Market Place

Meetings: 3rd Thursday at 1:00pm (Every 3 months)

\*Caregivers meet in separate room from person with Parkinson's

3625 Nelson Rd Suite B.

Lake Charles, LA, 70605

Contact: Sandy Duhon: (337) 515-9341 or [duhonsa@hotmail.com](mailto:duhonsa@hotmail.com)

## Exercise and Wellness Classes

### Baton Rouge

Dance for PD

Powell-Moise School of Dance

Thursdays, 9:30am-10:45am

2016 Perkins Rd

Baton Rouge, LA 70808

Contact: Susan Perlis, [susan.perlis@gmail.com](mailto:susan.perlis@gmail.com)

(225) 766-8379

Free to attend

<https://www.facebook.com/DanceforPDBR>

Dance for PD

Neuromedical Center, 6th Floor

First Saturday of every month, 2:00pm-3:15pm

10101 Park Rowe Ave

Baton Rouge, LA

Contact: Susan Perlis, (225) 766-8379, [susan.perlis@gmail.com](mailto:susan.perlis@gmail.com)

Free to attend

<https://www.facebook.com/DanceforPDBR>

LSVT BIG and LSV LOUD

Sage Rehabilitation Hospital and Outpatient Services

Fridays from 12:00 pm -1:00 pm

8313 Picardy Ave

Baton Rouge, LA 70809

Contact: Brittany Walker

(225) 906-4097

[www.sage-rehab.org](http://www.sage-rehab.org) First class is FREE Then \$5 per class

### **Modified Tai Chi**

During LSU's Fall and Spring Semesters – School of Kinesiology, LSU

University United Methodist Church Fellowship Hall

3350 Dalrymple Dr Baton Rouge, LA 70802

Contact: Jan M Hondzinski

(225) 578-9144

[JHondz1@LSU.edu](mailto:JHondz1@LSU.edu)

### **B.R. Moving Forward with Parkinson's**

Fit 365 in Drusilla Shopping Center

Mon and Wed at 11:00 am Tues and Thurs at 11:00 am

Contact: Gina Stonich, (225) 802-2307, [Gstonich@hotmail.com](mailto:Gstonich@hotmail.com)

### **Covington**

Rock Steady Boxing

Monday, Wednesday and Friday 8:30am – 9:30am

2640 Highway 190 (3rd Street)

Covington, LA 70430

985-415-1621

### **Dry Prong**

Rock Steady Boxing

B22 Fit (indoor walking court)

Meets every Tuesday & Thursday

801 Grove Street

Dry Prong, LA

318-446-7400 8:30-9:30am

[aprilmurrell@icloud.com](mailto:aprilmurrell@icloud.com)

### **Lafayette**

Rock Steady Boxing

Rise Physical Therapy

Tuesday, Wednesday and Thursday

Rodi or Kerry, 337-261-9188

### **Lake Charles**

Walking Group

Prien Lake Mall (meet up at the food court)

Thursdays at 2pm

Walk (just starting out) for ten minutes and build from there.

### **Eljay Foundation Luncheons**

Fourth Thursday of the month.

Contact: Peggy Woodson (337)496-4941, [peggy.woodson@yahoo.com](mailto:peggy.woodson@yahoo.com)

### **Metairie**

Exercise Class

Tue and Thu at 2:30 pm

East Jefferson General Hospital

3726 Houma Blvd

Metairie, LA 70006

Contact: Tina Gunaldo, (504) 503-6868

### **Dance for PD®**

Monday from 10:30 am - 11:45 am September through May

Call for more information

Room 3 Pontiff Playground

1521 Palm St

Metairie, LA 70001  
Contact: Millette White  
(504) 522-0996 ext. 213  
[MWhite@NOBADance.com](mailto:MWhite@NOBADance.com)

Rock Steady Boxing  
Monday, Wednesday, and Friday 12:15 pm – 1:30 pm  
Baudry Therapy Center 504-840-0150  
2620 Metairie Lawn Dr Metairie, LA 70002 Contact: Tom Douglass  
(504) 416-4360  
Contact: Greg Roniger  
(504) 237-5105 [NewOrleans@RSBAffiliate.com](mailto:NewOrleans@RSBAffiliate.com)

## Monroe

A Comprehensive Training Program for professionals, staff, and caregivers that provide services to individuals with Parkinson's Disease, provide virtual seminars to students and the community-at-large and answer individual queries relating to Parkinson's Disease.

Location: University of Louisiana at Monroe, Monroe, LA – Meeting online  
For more information, contact Anita Sharma at [asharma@ulm.edu](mailto:asharma@ulm.edu) Website: [www.ulm.edu/](http://www.ulm.edu/)

## New Orleans

Dance for PD®  
Wednesdays at 11:00 am  
JCC Uptown  
5342 Saint Charles Ave  
New Orleans, LA 70115  
Contact: Millette White, (504) 522-0996 x213  
[MWhite@NOBADance.com](mailto:MWhite@NOBADance.com)

LOUD for Life  
Ochsner Clinic Foundation  
New Orleans, LA  
For more information, contact Rachel Rayes at [rachael.raves@ochsner.org](mailto:rachael.raves@ochsner.org)  
Website [www.ochsner.org](http://www.ochsner.org)

## Ruston

Louisiana Tech University  
Music & Movement with the Parkinson Resource Center  
Contact Donna Hood, [dhood@latech.edu](mailto:dhood@latech.edu)  
[Louisiana Tech University \(latech.edu\)](http://Louisiana Tech University (latech.edu))

North LA Parkinson's Chorale  
Louisiana Tech University  
Singing for enjoyment open to those with PD and care partners. Led by music faculty at Louisiana Tech University.  
Ruston, LA 71270-2567  
Contact Donna Hood at [dhood@latech.edu](mailto:dhood@latech.edu) or 318-257- 4287

Rock Steady Boxing  
Louisiana Tech University Location: Ruston, LA 71272  
For more information, contact Skylar Temple at 318-257-4634 or [latech@rsbaffiliate.com](mailto:latech@rsbaffiliate.com)

## Slidell

LSVT BIG and LSV LOUD  
Ochsner Therapy and Wellness 104 Medical Center Drive Slidell, LA 70461  
Phone: 985-646-5926 Fax: 985-646-5922  
Physician's Referral needed to set up appointment

Dancing for PD  
Mandeville Community Center  
Tuesdays 12:30pm – 1:30pm

Contact: Ellen Winchell [ejwinchell@gmail.com](mailto:ejwinchell@gmail.com)

## **Shreveport**

Rock Steady Boxing

For more information contact

BHP Billton YMCA @ (318)674-9635 or

Raymond Lee [rlee@ymcawla.org](mailto:rlee@ymcawla.org)

## **Thibodeaux**

Thibodeaux Regional Fitness Center

Monday – Pedal for Parkinson's

Tuesday – Parkinson's Yoga

Thursday – Strength and Balance

All programs begin at 11am

726 N. Acadia Road

Thibodeaux, LA 70301

Contact: Louise Johnson

(985)493-4950

[yoga@bridgeswithheart.com](mailto:yoga@bridgeswithheart.com)

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