Lifetime Care is committed to the support of our local Parkinson community. We are proud to offer education for those persons living with this disease, as well as their caregivers. Please join us for any of the programs listed below.

**Parkinson’s Support Group of Upstate New York**
Meets the first Tuesday of every month, 6:00-7:30 p.m.

The National Parkinson Foundation Greater Rochester (NFPGR) is committed to providing support to people diagnosed with PD, their family and friends. Programs are open to anyone with PD, as well as caregivers. Meetings will include:
- The latest research findings regarding the control of PD symptoms and methods to slow progression.
- Important information connecting participants with local resources.
- The opportunity to build support among people with PD, their caregivers and health care providers.

Membership and meetings are free. Please call NFPGR at (585) 234-5355 for further information.

**Living with Parkinson’s Disease**
This class covers the basic neurology of Parkinson’s disease, as well as the diagnosis, cause, and medical and surgical treatment options available. It is open to those with PD, their caregivers and family.

Meets twice a year, please call (585) 475-8800 for class dates and times.

**Parkinson’s Disease Exercise Program**
Meets Mondays and Wednesdays at 11:00 a.m. at Lifetime Care.

This group exercise class is led by a team of physical, occupational, and speech therapists trained in the care of those with PD. Class features stretching and strengthening with a focus on management of PD symptoms. Participants will gain tools for management of the disease and its physical symptoms. We encourage participants to build relationships and exchange support with others living with this illness while maximizing the body’s potential.

For more information; please call (585) 475-8800. No pre-registration required. $5 suggested fee per class.

**Parkinson Café**
Meets the first Wednesday of each month, October through May, 10:00 a.m.–2:00 p.m. at Lifetime Care.

Provides social, cultural, and intellectual interaction for people with Parkinson's disease. Care partners are always welcome to attend! Please bring bag lunch. Call (585) 475-8800 for more information.

All programs are presented at the David H. Klein Center for Compassion and Healing
3111 Winton Road South
Rochester, NY 14623

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Could Parkinson’s be affecting your speech and swallowing?

Do people ask you to repeat?
Does your voice sound hoarse, scratchy or breathy?
Does your family say you speak too softly?
Do you clear your throat often?
Is your voice strong on some days, weak on others?
Do you cough when you eat or drink?

If you answered “yes” to any of these questions, you might benefit from SPEAK OUT®

SPEAK OUT® is a highly effective speech therapy program developed by Parkinson Voice Project. After receiving SPEAK OUT!, we welcome any graduate in the community to join our LOUD Crowd® exercise group.

When we speak with intent or deliberation, we are using a system in the brain that is less dependent than dopamine. This is why people with Parkinson’s can improve their speaking abilities. As patients go through SPEAK OUT!, they not only learn to “speak with intent,” but they also learn to “live with intent.”

Parkinson’s Disease Speech Program: The LOUD Crowd®
Meets Wednesdays at 12 p.m. at Lifetime Care
This group speech exercise class is for graduates of the SPEAK OUT! speech therapy program. The group is led by a Speech-Language Pathologist who is trained in SPEAK OUT! and Parkinson’s Disease management. Participants will be able to carry over skills learned in speech therapy in a supportive group environment. The group setting allows for more opportunity for natural speech tasks and facilitation of greater insight. We encourage participants to build relationships and exchange support with others living with this illness while maximizing and preserving their communication. For more information, please call (585) 475-8800. No pre-registration required.