

Parkinson's Disease is a common chronic degenerative neurological disease that affects more than one million Americans. It is likely to affect you or a loved one too.

If you would like a personalized plan, The Parkinson's Program of Manhattan is available to help. Our trained team of professionals is available to assist you with any information regarding evaluations, treatment, and insurance coverage. Referrals can be made by the individual with Parkinson's, family member, or physician.

For more information,
call 785-323-3874 or email us at
parkinson@meadowlark.org

**The Parkinson's Support Group
meets the first Thursday
of every month from 2 to 3:30 p.m.
in the Meadowlark Hills
Community Room.**

The Parkinson's Program of Manhattan
at Meadowlark Hills Mission Statement:

*A proactive multidisciplinary team
who will use a personal approach
to optimize quality of life
for individuals
with Parkinson's disease.*

If you would like to contribute
to the further development
of the Parkinson's programs,
donations are tax deductible.
Please send your contribution to
"Meadowlark Parkinson Fund"
at 2121 Meadowlark Rd.,
Manhattan, KS 66502
meadowlarkparkinsonfund.org

The Parkinson's Program

of Manhattan

**Meadowlark Hills
Retirement Community**

2121 Meadowlark Road
Manhattan, KS 66502
www.meadowlark.org

The Parkinson's Program of Manhattan



Meadowlark Hills

The Parkinson's Program of Manhattan at Meadowlark Hills

Meadowlark Hills Retirement Community is a Parkinson Proficient Community as recognized by the National Parkinson Foundation.

We have received an Excellence in Parkinson Care Accreditation. Staff members of Meadowlark Hills completed the Parkinson Care Series, a comprehensive training program created to educate health care personnel and other professional caregivers on the unique needs of persons living with Parkinson's.



The Parkinson's Program of Manhattan's Core Team of Professionals is dedicated to providing training to better help individuals affected by PD. Below are some of the highlights:

- Created a mandatory in-service about the importance of PD medications for all nurses at Meadowlark Hills
- Completed a half-day seminar for the community of Manhattan and surrounding areas educating individuals on PD and strategies for handling the complications from the disease
- Sponsored Dr. Widnell's, Motor Movement Specialist, presentation on identifying symptoms of PD and treatment options
- Leads the Parkinson's Education & Support Group of the Flint Hills which meets monthly and provides guest speakers and educational opportunities as well as social networking
- Conducted The Speedy PD 5k/10k and Block Walk Race for Parkinson's Disease; which had over 150 participants and raised over \$11,000
- Provides Voice Classes for individuals with PD who want to be able to speak louder and more clearly
- Provides Physical Exercise Classes for individuals with PD who want to improve their strength and balance
- Provides Care Giver Classes for those supporting individuals with PD

Program Components

Our multidisciplinary team is trained to assess and provide assistance for all areas of life. Program components include:

- Physical strength and mobility
- Swallowing function—assessment and treatment
- Speech—voice evaluations and treatment
- Medication monitoring
- Nutritional counseling
- Exercise programs
- Evaluation of motor and behavioral functions
- Home evaluations
- Resident/family education
- Counseling
- Group classes
- Memory training
- Community resource information