

Parkinson's

NEWLY DIAGNOSED



POWER TO MOVE

• AWARENESS • ADVOCACY • SUPPORT



A Starting Place

If you've recently been diagnosed with Parkinson's disease, you may be feeling a mix of emotions — uncertainty, frustration, fear, or simply a lot of questions.

Take a breath.

A diagnosis can feel overwhelming at first. But Parkinson's is not something you have to face alone. There are meaningful, practical ways to live well — and **support makes a difference.**

At Evergreen Commons, we are here to **walk alongside you** with movement, education, connection, and community.

A Trusted Leader in Parkinson's Programming

For more than 25 years, Evergreen Commons has been a trusted guide for individuals and families living with Parkinson's disease. What began in partnership with Holland Hospital has grown into a specialized, research-informed program that supports strength, mobility, confidence, and connection.

Today, our trained and certified staff lead eight class formats, 17 weekly exercise sessions, and a monthly support group, all designed to meet people where they are and help them move forward.

Backed by strong partnerships with healthcare, rehabilitation, and community organizations, Evergreen Commons offers both the expertise and compassionate support needed along the Parkinson's journey.

PWR!Moves[®]
Parkinson Wellness Recovery





What Is Parkinson's Disease?

Parkinson's disease is a **neurological condition** that affects the brain's ability to produce dopamine – a chemical that helps regulate movement, coordination, and mood.

Symptoms often develop **gradually** and may include:

- Tremor
- Slowness of movement
- Muscle stiffness
- Changes in balance
- Softer speech
- Reduced facial expression

Each person's experience with Parkinson's is **unique**.

Progression looks different for everyone.

While there is currently no cure, research consistently shows that **exercise, therapy, social connection, and proactive care** can **significantly improve** quality of life.

Living well with Parkinson's **is possible.**

Building Your Care Team

You don't have to figure this out on your own. A strong care team can help you feel **informed, supported, and empowered**.

Your team may include:

NEUROLOGIST

A physician who diagnoses and manages conditions of the nervous system.

MOVEMENT DISORDER SPECIALIST

A neurologist with advanced training in Parkinson's and other movement disorders.

PHYSICAL & OCCUPATIONAL THERAPISTS

Professionals who help improve **mobility, balance, strength, and independence** in daily tasks, including LSVT BIG®, a therapy designed to **improve movement and function** for people living with Parkinson's.

SPEECH-LANGUAGE PATHOLOGIST

Supports **speech clarity, vocal strength, and swallowing**, often using approaches such as LSVT LOUD® to help individuals **strengthen their voice** and communicate more effectively.

MENTAL HEALTH PROFESSIONAL

Provides **emotional support and coping tools** for both individuals and caregivers.

Exercise professionals trained specifically in Parkinson's programming can also play a vital role in maintaining strength, mobility, and confidence.

How Evergreen Commons Can Support You

At Evergreen Commons, we offer Parkinson's-specific programming designed to support your whole person — **body, voice, and community.**

MOVEMENT & EXERCISE

We offer 8 Evidence-based classes including:

- PWR!Moves-based training
- Cycling designed for Parkinson's
- Pilates
- Dance for mobility and expression
- Fine motor skill development

SPEECH & VOICE SUPPORT

Group vocal strengthening based on LSVT LOUD® principles to support volume, clarity, and breath control.

SUPPORT GROUPS

Connection opportunities for individuals living with Parkinson's and for caregivers.

PERSONAL TRAINING

One-on-one sessions tailored to your individual symptoms, goals, and comfort level.

COMPLIMENTARY CONSULTATION

If you're unsure where to begin, we offer a complimentary Parkinson's consultation and assessment to help you determine the right starting point.

Start with a Conversation

You don't have to have everything figured out before reaching out. We are here to listen, answer questions, and help you take the next step - **at your pace**.



To schedule a complimentary Parkinson's consultation and assessment, Contact **Sydney Meeuwsen** at 616-355-5146 or meeuwsens@evergreenccommons.org

Trusted Resources

These organizations provide **reliable** information, research updates, and educational tools:

Parkinson's Foundation

The Michael J. Fox Foundation for Parkinson's Research

Davis Phinney Foundation

American Parkinson Disease Association

Parkinson's Association of West Michigan

Our Commitment



**POWER
TO MOVE**

**REFLECTS OUR
ONGOING DEDICATION TO:**

- **Deepening support** for those living with Parkinson's
- **Strengthening** caregiver inclusion and connection
- **Expanding** therapeutic arts and wellness **programming**
- **Creating meaningful opportunities** to move, create, and thrive together



480 State Street
Holland, MI 49423
616-396-7100
www.evergreencommons.org