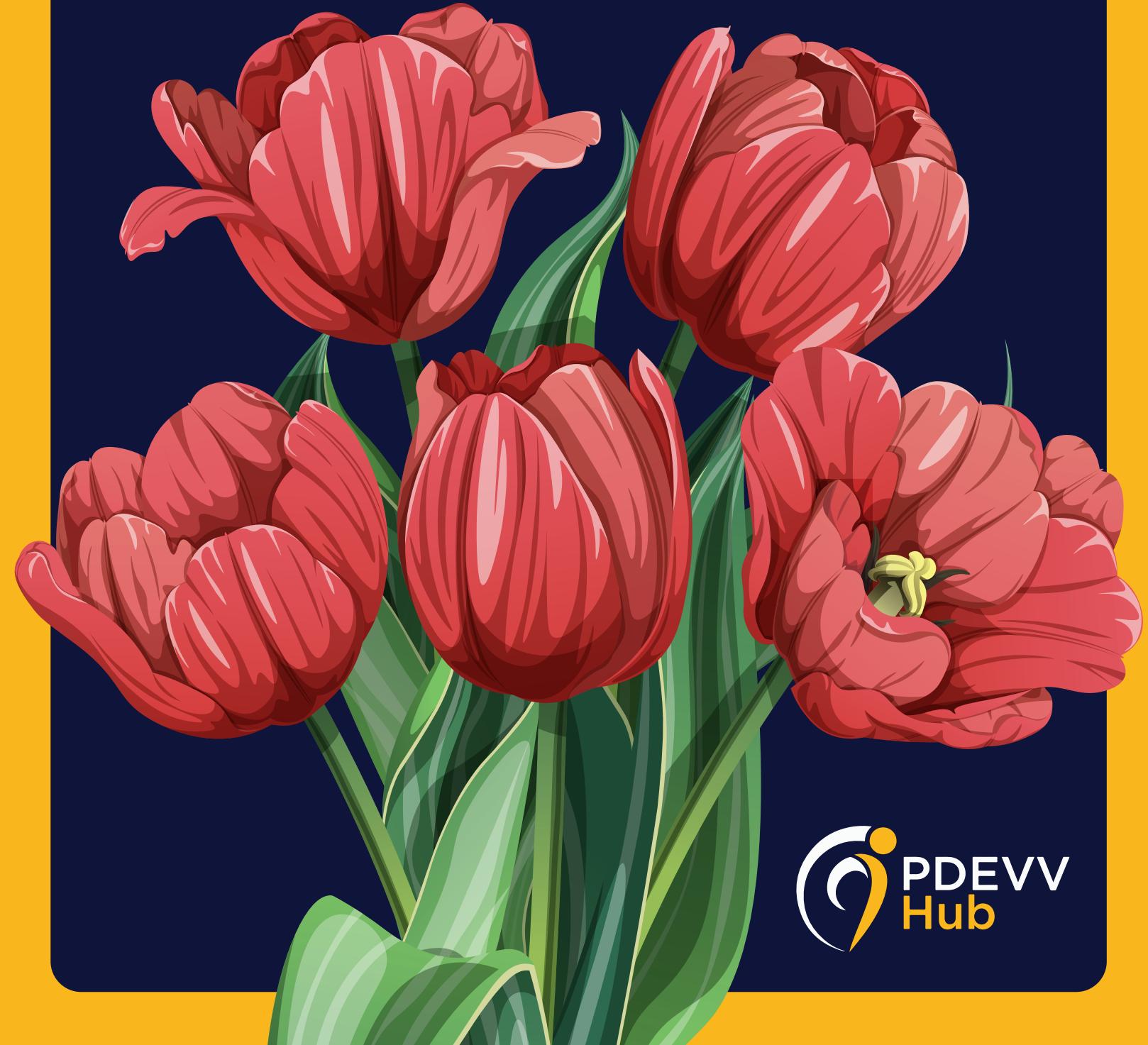


# PARKINSON'S DISEASE

## Resource Guide 2025



# PDEVV HUB

P.O. Box 631  
Evansville, IN 47704

For Content Corrections,  
please email [pddevvhub@gmail.com](mailto:pddevvhub@gmail.com)

812-297-8658  
[www.pdevvhub.org](http://www.pdevvhub.org)



## PRESIDENT'S LETTER

April 2025

It is hard to believe that another year has passed. In 2024, we were hard at work providing resources to those with Parkinson's disease and forming communities with our support groups in Evansville and Henderson.

PDEVV Hub led the formation of an exercise collaboration in Evansville and Henderson, and brought Total Parkinson's, a Total Healthworks class, to SWIRCA. Our members fully supported a new Rock Steady Boxing program at the Henderson County Family YMCA. We also participated in a rock-climbing session with Catalyst Sports at Vertical Escape. As we know, exercise is the only medicine that is proven to delay the effects of PD.

We still have a lot of work to do. Educating the local hospitals and rehab staff on the importance of a PD patient's medicine program is a primary goal. All PD patients must receive their medicine on their established schedules, as if they are at home. Several members of our community have personal stories about this situation. Our board member Alison created a very personal video explaining the necessity of receiving your medicine on time. An analogy familiar to many is those with diabetes who need to receive insulin on time just like PD patients must receive their medicine on time. Let us know if you are interested in viewing the video at [pddevvhub@gmail.com](mailto:pddevvhub@gmail.com).

I am truly grateful for the team that we have built, with the board members and general volunteers. Everyone has been working together to educate the public about Parkinson's disease, but more help is needed. If you are willing to assist—whether it's drafting educational materials, crafting volunteer outreach messages, or even brainstorming new ideas—please contact us!

Keep up the fight!

### **Kathy McMurray**

Board President



### **Board**

Marjorie Bergen

Tom Bodkin

JoAnn Drennen – Secretary

Don Gallucci

Alison Jones

Hadley Jones

Harley Martin -Vice-President

Kathy McMurray –President

Paula Stein

Jasmin Street

Krista Wilson

# 2024 ACOMPLISHMENTS

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## EXERCISE/ACTIVITY

We held our second annual Tulip Trot for Parkinson's Disease Awareness in April 2024 with Working Bergen Interiors as our title sponsor. We had over 300 participants run or walk at Garvin Park in Evansville. Our memorial table remembered Bob "Jim" Davis and Dave Wellmeier. Nine of our community collaborators were available to explain the resources and services that they provide.

Our annual Parkinson's symposium was held at the Deaconess Pavilion with over 160 attendees for this jam-packed day-long event. Kim Williams, the executive director of the Indiana Parkinson Foundation provided a general overview of Parkinson's disease and Dr. Gentry Dodd shared his personal story of PD. We also learned from Beth Titzer, SLP at St. Vincent, along with other community partners.



We hosted our first care partner luncheon, newly diagnosed day, and medication management sessions.

## SHARING KNOWLEDGE

If you would like information about Parkinson's disease, check out our website at [www.pdevvhub.org](http://www.pdevvhub.org) describing all the PD activities, classes and events in the tri-state. You are also able to sign up for our monthly e-newsletter. We also have Facebook [www.facebook.com/PDEVVHub](https://www.facebook.com/PDEVVHub), X @PDEVVHUB, and LinkedIn <https://www.linkedin.com/company/pdevv-hub>.

Our monthly e-newsletter, distributed on the third Sunday of every month. If you are part of a group or organization that offers programming or events for people with Parkinson's, make sure to let us know. A reminder is sent the week before publishing and submissions are accepted for free. Email [pdevvhub@gmail.com](mailto:pdevvhub@gmail.com).

The PDEVV Hub website ([pdevvhub.org](http://www.pdevvhub.org)) updated monthly, describes activities and provides a link to the electronic version of the local PD resource guide. Social media, including Facebook, shares interesting news articles about PD and our most current changes or announcements.

# SUPPORT GROUPS

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Both of our support groups focus on community outreach, support, and education based on the group's interests. Focus groups consist of those with PD and Care Partners.

## EVANSVILLE, IN

This group meets the second Wednesday of every month at 6 PM at Aldersgate United Methodist Church – 5130 Lincoln Ave., Evansville, IN.

## HENDERSON, KY

The Henderson group meets the 4th Tuesday of every month at 6 PM at First United Methodist Church – Hosbach Roon, 338 Third St., Henderson, KY.

# ANNUAL EVENTS

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**Tulip Trot** – Last Saturday of April

**Medication Management** – TBD

**Newly Diagnosed Education Day** – TBD

**Parkinson's Symposium** – Fall



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# SUPPORT

The information in this resource guide is provided “as is” for general information only. PDEVV Hub, Inc. (“PDEVV”) does not offer medical advice or recommendations, and individuals should not rely on the information in this resource guide as a substitute for consultations with qualified health care professionals who are familiar with individual medical conditions. PDEVV strongly recommends that care and treatment decisions related to Parkinson’s disease and any other medical condition be made in consultation with a patient’s physician or other qualified health care professionals who are familiar with the individual’s specific health situation.

PDEVV makes no representations with respect to the information, vendors, providers, services or products (collectively “Information”) in this resource guide and specifically disclaims any other warranties, including but not limited to implied or express warranties of merchantability or fitness for any particular usage, application or purpose. The Information is provided for convenience of reference only and is not intended as an endorsement by PDEVV.

## LOCAL SUPPORT GROUPS

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### PARKINSON’S SUPPORT

Parkinson’s & Care Partner Support Group  
Meets monthly – 2nd Wednesday - 6:00 PM

Aldersgate United Methodist Church  
5130 Lincoln Ave.  
Evansville, IN 47715

DeLyn Beard, Facilitator  
[delyn@pdevvhub.org](mailto:delyn@pdevvhub.org)

Parkinson’s Support Group - Henderson  
Meets monthly – 4th Tuesday - 6:00 PM

First United Methodist Church  
338 Third St. – Hosbach Room  
Henderson, KY 42420

Jim Hunt, Facilitator  
[papi42420@gmail.com](mailto:papi42420@gmail.com)

## OTHER PARKINSON’S SUPPORT

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### PD Chat with Julie

A free 1:1 counseling session for those newly diagnosed with PD and their families.

Julie Monahan, PT  
Encompass Health Rehabilitation Hospital  
9355 Warrick Trail, Newburgh, IN 47630  
To make an appointment call 812-598-2178

### INDIANA PARKINSON FOUNDATION

317-550-5648  
[www.indianaparkinson.org](http://www.indianaparkinson.org)  
*Our mission is to come alongside those with Parkinson’s disease and their families and provide valuable programs and services to improve their lives physically, mentally and spiritually.*

# NATIONAL ORGANIZATIONS

## THE MICHAEL J FOX FOUNDATION FOR PARKINSON'S RESEARCH

212-509-0995

[www.michaeljfox.org](http://www.michaeljfox.org)

*The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today*

## PARKINSON'S FOUNDATION

800-473-4636 PD Help Line

[www.parkinson.org](http://www.parkinson.org)

*Mission is to make life better for people with Parkinson's disease by improving care and advancing research toward a cure.*

## AMERICAN PARKINSON DISEASE ASSOCIATION

800-223-2732

[www.adpaparkinson.org](http://www.adpaparkinson.org)

*Every day, we provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.*



## DAVIS PHINNEY FOUNDATION

866-358-0285

[www.davisphinneyfoundation.org](http://www.davisphinneyfoundation.org)

*Mission is to help people with Parkinson's to live well today.*

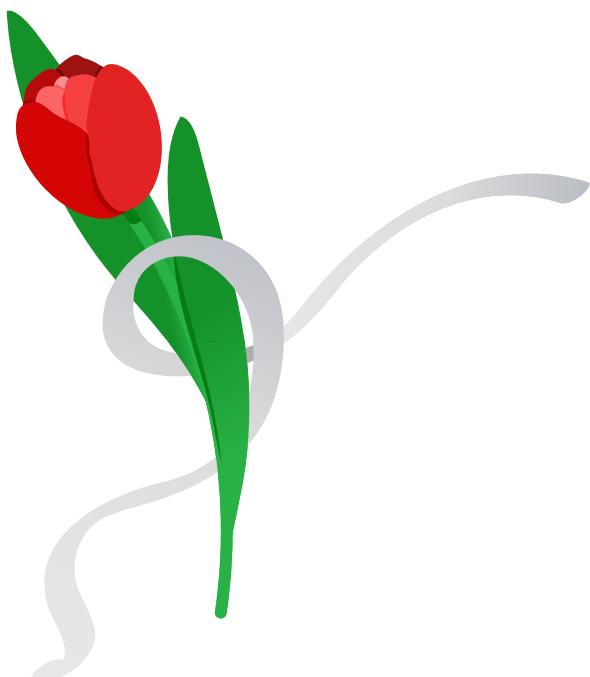
**Call to order your Every Victory Counts Manual or Care Partners Manual**

## BRIAN GRANT FOUNDATION

[info@briangrant.org](mailto:info@briangrant.org)

[www.briangrant.org](http://www.briangrant.org)

*Empowers people impacted by Parkinson's to lead active and fulfilling lives.*



# PARKINSON'S DISEASE & SYMPTOMS

Parkinson's disease (PD) is a neurodegenerative, progressive disorder that causes a gradual loss of brain cells that produce dopamine, a chemical necessary for movement. Symptoms generally develop over several years. The progression of symptoms is often different from one person to another. People with PD may experience movement-related ("motor") symptoms:

- Tremor, mainly at rest and described as pill rolling tremor in the hands.
- Bradykinesia: slowness of movement
- Limb rigidity: unusual stiffness
- Gait and balance problems: increased falls
- Speech and swallowing problems
- Reduced facial expression: mask-like face
- Dystonia: involuntary movements, cramps

Parkinson's symptoms may also be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include apathy, depression, constipation, sleep behavior disorders, loss of sense of smell, and cognitive impairment.

Although there is no cure, treatment options vary and include exercise, medications, and surgery. While PD itself is not fatal, disease complications can be serious. Initial symptoms are often mistaken as signs of aging. The Parkinson's Foundation states that 90,000 people in the United States are diagnosed with PD each year. One million people in the United States and 10 million people worldwide are diagnosed with PD. 19,590 people are diagnosed in the state of Indiana. Statistically, there are 2,500 people with PD in the greater Evansville area.

It is possible to have a good quality of life with PD. Working with your doctor, exercising, and following recommended therapies are essential in successfully treating symptoms.

The local Parkinson's organizations across the state have formed an action committee to support the creation of a statewide registry for those with Parkinson's disease. If you have a desire to assist with this process, please let us know. This will be important information to learn where the largest areas of the disease are located to facilitate further research into PD.



The presence of phosphorylated alpha-synuclein in a skin biopsy or spinal fluid is a good indicator of the presence of Parkinson's disease. These tests are becoming more widely available.

Previously, no specific test existed to diagnose Parkinson's disease. Doctors trained in nervous system conditions (neurologists) diagnosed Parkinson's disease based on medical history, a review of a patient's symptoms, and a neurological and physical examination.

Doctors still may order lab tests, such as blood tests, to rule out other conditions that may be causing symptoms. Imaging tests - such as MRI, CT, ultrasound of the brain, and PET scans - may also be used to help rule out other disorders.

Doctors may recommend regular follow-up appointments with neurologists trained in movement disorders (Movement Disorder Specialist) to evaluate the conditions and symptoms over time and diagnose Parkinson's disease.

## AFTER DIAGNOSIS

Parkinson's disease cannot be cured, but medications can help control the symptoms, often dramatically. Exercise is critical and may be neuroprotective or neuroregenerative.

A doctor may recommend lifestyle changes, especially ongoing aerobic exercise. Physical

therapy that focuses on balance and stretching is important. A speech-language pathologist may help improve speech and swallowing problems. A support group for the person with Parkinson's and their care partner are beneficial to share experiences with others in similar situations.



# NOW WHAT?

Seven things you can do:

**1. See a Movement Disorder Specialist.**

This is a neurologist who is trained specifically to treat movement disorders, such as Parkinson's disease. Movement disorder specialists must complete their residency training in neurology and then complete additional training (a fellowship) in movement disorders.

**2. Give yourself time to adjust and then get educated.** Learn as much as you can about this disease.

**3. Be honest.** Don't hide your diagnosis. You are still the same person.

**4. Exercise.** Find something you like to do and do it.

**5. Stay engaged.** Mental and social engagement is like exercise. Use it or lose it.

**6. Track your symptoms.** Start a journal. Record when you take which medicine and the way your body feels.

**7. Consider research.** Participating in research may help you physically or you may feel better helping someone else.

*From John's Hopkins Medicine*



*This guide is not a complete list of businesses or professionals who provide the services described, nor is this list only those businesses that financially support PDEVV Hub. It is only meant to be a place to start as you look to build "your team."*

## LOCAL EXERCISE / ACTIVITY

### ACercise

University of Evansville Physical Therapy Program  
Carson Center Small Gym  
1900 E Walnut St., Evansville, IN 47714

ACercise Co-Coordinators:

Conner Roche Email: [cr306@evansville.edu](mailto:cr306@evansville.edu)  
Colby Rogers Email: [cr302@evansville.edu](mailto:cr302@evansville.edu)

### Virtual Care Partners Support Group

317-963-7411

**Kathryn Graves** - IU Health  
Parkinson's Foundation Center of Excellence  
Social Worker  
Email: [kgraves@iuhealth.org](mailto:kgraves@iuhealth.org)

### Dance for PD - Henderson

270-860-8523  
First United Methodist Church  
338 Third St., Henderson, KY 42420  
Taught by **Steve Casey**

### Virtual Parkinson's Exercise Class

Register by contacting **Andee**  
at Norton Health Care  
[andrea.lanham@nortonhealthcare.org](mailto:andrea.lanham@nortonhealthcare.org)  
Taught by **Harley Martin**

### Parkinson's Exercise Class

Registration is required by calling 812-598-2178  
Encompass Health Rehabilitation Hospital  
9355 Warrick Trail, Newburgh, IN 47630  
Taught by **Julie Monahan, PT**

### Pedaling for Parkinson's

812-401-9622  
Dunigan Family YMCA  
6846 Oak Grove Rd., Evansville, IN 47715  
  
812-423-9622  
Ascension St. Vincent YMCA  
516 Court St., Evansville, IN 47708

### Rock Steady Boxing

812-492-6713  
Ascension St. Vincent YMCA  
516 Court St., Evansville, IN 47708

270-827-9622  
Henderson County Family YMCA  
460 Klutey Park Plaza, Henderson, KY 42420

### SongShine of Evansville

812-598-8332 - **Colleen Martin**  
Aldersgate United Methodist Church  
5130 Lincoln Ave., Evansville, IN 47715  
[www.facebook.com/SongshineEvansville](http://www.facebook.com/SongshineEvansville)  
[www.songshine.com](http://www.songshine.com)

### SWIRCA Parkinson's Exercise

618-708-1208 - **Rachael Howey, DPT**  
SWIRCA  
16 W. Virginia St., Evansville, IN 47710

### TRX for Parkinson's

812-401-9622  
Dunigan Family YMCA  
6846 Oak Grove Rd., Evansville, IN 47715

### PERSONAL TRAINERS

(with specialized training for PD)

### SWEAT A LITTLE, LLC

812-550-3061  
**Harley Martin**  
ACSM Certified, Personal Trainer  
[harley.wilsoncpt@gmail.com](mailto:harley.wilsoncpt@gmail.com)  
[www.sweatalittle.com](http://www.sweatalittle.com)

812-454-9932

**Don Gallucci**  
ACE Certified, Personal Trainer  
[donaldgallucci@gmail.com](mailto:donaldgallucci@gmail.com)

# DISEASE MANAGEMENT MEDICATIONS

Medications help manage problems with walking, movement, and tremor. Significant improvement of symptoms may occur after beginning Parkinson's disease treatment. Over time, however, the benefits of drugs frequently diminish or become less consistent. The following is a partial listing of medications used to treat PD.

CLASS	MEDICATION	FUNCTION	SIDE EFFECTS
<b>CARBIDOPA</b>	Lodosyn	Protects levodopa from early conversion to dopamine outside the brain.	Nausea
<b>LEVODOPA</b>	Carbidopa-levodopa (Sinemet®), Carbidopa-levodopa easy to break tablet (Dhivy ®), Carbidopa-levodopa orally disintegrating tablet (Parcopa®), Carbidopa-levodopa-Entacapone (Stalevo®), Carbidopa-levodopa infusion (DuopaTM ), Extended-release Carbidopa-levodopa (Rytary®), Inhaled levodopa (Inbrija®), Extended-release Carbidopa-levodopa (Crexont®), Under-the-skin continuous infusion of Carbidopa-levodopa (Vyalev®)	Natural chemical that passes into the brain and converts to dopamine.	Lightheadedness (orthostatic hypotension), dyskinesia
<b>ADENOSINE RECEPTOR ANTAGONIST</b>	Istradefylline (Nourianz®)	The drug blocks the brain chemical adenosine to boost the signaling of dopamine.	Similar side effects of carbidopa-levodopa. Constipation, nausea, hallucinations, and insomnia.
<b>DOPAMINE AGONISTS</b>	Pramipexole (Mirapex®, Mirapex ER®), Ropinirole (Requip®, Requip XL®), Rotigotine Patch (Neupro®), Injectable apomorphine (Apokyn®), Apomorphine hydrochloride infusion (Onapago®)	Does not change into dopamine. Mimics dopamine effects in the brain.	Similar side effects of carbidopa-levodopa. Hallucinations, sleepiness, and compulsive behaviors such as hyper-sexuality, gambling and eating.
<b>MAO-B INHIBITORS</b>	Selegiline (Eldepryl®, Zelapar®), Rasagiline (Azilect®), Safinamide (Xadago®)	Prevents the breakdown of dopamine by inhibiting the brain enzyme monoamine oxidase B (MAO-B). This enzyme metabolizes brain dopamine.	Nausea, insomnia

CLASS	MEDICATION	FUNCTION	SIDE EFFECTS
Catechol O-methyltransferase (COMT) inhibitors	Entacapone (Comtan®), Tolcapone (Tasmar®), Opicapone (Ongentys®), Carbidopa-levodopa-Entacapone (Stalevo®)	Prolongs the effect of levodopa therapy by blocking an enzyme that breaks down dopamine.	Increased risk of involuntary movements (dyskinesia), diarrhea or other enhanced levodopa side effects.
ANTICHOLINERGICS	Benztropine (Cogentin®), Trihexyphenidyl (Artane®)	Controls tremors associated with Parkinson's disease also dystonia & drooling.	Impaired memory, confusion, hallucinations, constipation, dry mouth, impaired urination.
AMANTADINE	Immediate release, Extended release (Gocovri® & Osmolex ER ®)	Prescribed to control involuntary movements (dyskinesia) induced by carbidopa-levodopa and "off" time.	A purple mottling of the skin, falling asleep, ankle swelling, hallucinations.
HALLUCINATIONS OR DELUSIONS	Pimavanserin (Nuplazid®), Clozapine (Clozaril), or Quetiapine (Seroquel)	Controls hallucinations and delusions induced by Parkinson's disease medications.	Swelling in the legs or arms, nausea, confusion, hallucinations, constipation, and changes to normal walking.
ORTHOSTATIC HYPOTENSION	Droxidopa, (Northera®), Fludrocortisone (Florinef), Midodrine, (ProAmatine)	Neurogenic orthostatic hypotension (nOH)	Supine hypertension, neuroleptic malignant syndrome, headache, dizziness, nausea, and high blood pressure.

# DISEASE MANAGEMENT

## LOCALLY OWNED PHARMACY

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### PAUL'S PHARMACY EAST

812-962-3500  
1150 S. Green River Rd.  
Evansville, IN 47715

### WWW.PAULSRX.COM

Compliance packaging, patient/pharmacist medicine conferences available.

### PAUL'S PHARMACY WEST

812-425-4364  
2345 W. Franklin St.  
Evansville, IN 47712

## SURGICAL TREATMENTS

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### DEEP BRAIN STIMULATION

In deep brain stimulation (DBS), surgeons implant electrodes into a specific part of the brain. The electrodes are connected to a generator implanted near your collarbone that sends electrical pulses to your brain and may reduce your Parkinson's disease symptoms.

Your doctor adjusts the settings as necessary to treat your condition. As with all surgeries, there is risk associated with DBS. Please contact your doctor for more information.

### FOCUSED ULTRASOUND

With focused ultrasound (FUS), doctors use ultrasound beams to destroy brain cells that cause movement problems. Using MRI imaging to visualize the brain, doctors guide ultrasound beams to destroy tiny areas of cells that cause Parkinson's motor symptoms. Doctors target different brain areas for different symptoms.

\*From Michael J Fox Foundation

## MOVEMENT DISORDER SPECIALISTS

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### Indiana University Health

For an appointment call: 317-948-5450  
Indianapolis, IN

### Norton Neuroscience Institute

For an appointment call: 502-446-4664  
Louisville, KY

### University of Louisville Physician's/ Parkinson's Disease Clinic

For an appointment call: 502-588-6000  
Louisville, KY

### Vanderbilt University Movement Disorders Clinic

For an appointment call: 615-936-0060  
Nashville, TN

### SLUCare Movement Disorders Clinic

For an appointment call: 314-977-6082  
St. Louis, MO

### Washington University Movement Disorders Clinic

For an appointment call: 314-362-3577  
St. Louis, MO

# NEUROLOGISTS

## Deaconess Neurology

MOB 1 Neurology  
812-477-1560  
4233 Gateway Blvd., Newburgh, IN 47630

DC Gateway Neurology  
812-490-4570  
4011 Gateway Blvd., Newburgh, IN 47630

## Deaconess Neurology Henderson

270-831-7937  
1413 N. Elm St., Henderson, KY 42420

## Ascension Medical Group Neurology

812-476-7523  
801 St. Mary's Dr. #400 E  
Evansville, IN 47714

## Deaconess Sleep Center

812-450-3852  
Dr. Manaf Zawahreh  
7307 E. Columbia St., #101  
Evansville, IN 47715

# OTHER HEALTH PROFESSIONALS

## Active Chiropractic & Rehabilitation Clinic

812-423-9146  
915 Main St. Suite 300, Evansville, IN 47708

## Gilkey Chiropractic Clinic

812-853-2997  
Dr. Chris A. Gilkey  
Dr. Nathan N. Gilkey  
7580 Peachwood Dr., Newburgh, IN 47630  
[www.gilkeychiropractic.com](http://www.gilkeychiropractic.com)

## Integrative Wellness & Energy Therapies

812-480-6296  
Dana Darnell, CMT, Therapeutic Structural  
Integration Therapist  
4911 State Route 261 Unit B  
Newburgh, IN 47630  
[www.iwellnesstherapies.com](http://www.iwellnesstherapies.com)

## Massage for Your Health

812-449-1722  
Kelly Endsley, LMT  
8177 Robin Hill Rd., Newburgh, IN 47630

## Lori & Co Massage Studio & Spa

270-724-9866  
13 S Main St., Henderson, KY 42420  
[www.loriandco.massagetherapy.com](http://www.loriandco.massagetherapy.com)



# DISEASE MANAGEMENT

## PARKINSON'S SPECIFIC THERAPY

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### LSVT BIG

[www.lsvtglobal.com/LSVTBig](http://www.lsvtglobal.com/LSVTBig)

LSVT BIG trains people with Parkinson's disease (PD) to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble getting around, getting dressed and with other activities of daily living. Because LSVT BIG treatment is customized to each person's specific needs and goals, it can help regardless of the stage or severity of your condition.

### LSVT LOUD

[www.lsvtglobal.com/LSVTLoud](http://www.lsvtglobal.com/LSVTLoud)

LSVT LOUD is a research-based speech treatment for people with Parkinson's disease (PD) and other neurological conditions. Named for Mrs. Lee Silverman (Lee Silverman Voice Treatment), a woman living with PD, it was developed by Dr. Lorraine Ramig and has been scientifically studied for over 25 years. LSVT LOUD trains people with PD to use their voice at a more normal loudness level.

## PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY

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### EASTERSEALS

#### REHABILITATION CENTER

812-479-1411

3701 Bellemade Ave., Evansville, IN 47714

- Augmentative & Alternative Communication
- Warm Water Therapy & Exercise

[www.eastersealsrehabcenter.com](http://www.eastersealsrehabcenter.com)

### PROGRESSIVE HEALTH @ DEACONESS

812-450-8585

4233 Gateway Blvd. Suite 201

Newburgh, IN 47630

- LSVT Big & Loud Therapists
- PWR! Moves Therapists
- SPEAK OUT! Therapists
- Interactive Metronome

### PROREHAB

812-476-0409

See locations at [www.prorehab.com/locations](http://www.prorehab.com/locations)

- LSVT Big Therapists

### ASCENSION ST. VINCENT

Offering Physical, Occupational and Speech Language Pathology services with board-certified clinicians trained in LSVT at both locations.

### YMCA REHABILITATION

812-485-2100

516 Court Street Ste A  
Evansville, IN 47708

### WASHINGTON SQUARE REHABILITATION

812-485-5200

1144 Washington Square  
Evansville, IN 47714

# MENTAL HEALTH

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## TREE OF LIFE COUNSELING

812-389-0182

Andrea Lantz, LCSW

Certified Respecting Choices® Advance Care Planning Facilitator and Instructor  
andrea@tolcounseling.com  
www.tolcounseling.com

# MEDICAL EQUIPMENT

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## EASTERSEALS REHABILITATION CENTER

812-492-0645

3701 Bellemeade Ave., Evansville, IN 47714

www.eastersealsrehabcenter.com

- Portable & stationary aluminum ramps
- U-Step walkers
- Driving assessments
- Mobility & seating

## MOBILITY PLUS EVANSVILLE

812-550-1444

525 N. Green River Rd., Evansville, IN 47715

www.mobilityplus.com/evansville

- New, used or rent medical equipment

## SUPERIOR VAN & MOBILITY

812-402-8267

3414 Interstate Drive, Evansville, IN 47715

www.mobilityplus.com/evansville  
Wheelchair vans, wheelchair lifts, mobility products

# LEGAL

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## CHARLES & CHARLES, ELDER LAW ATTORNEYS

812-476-2762

4828 Lincoln Ave., Evansville, IN 47715



# SOCIAL SERVICES

## ADULT DAY CARE

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### RIVERWALK COMMUNITIES LLC

812-425-1041 x136

401 SE 6th St., Evansville, IN 47713

## ADULT PROTECTIVE SERVICES

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### INDIANA ELDER ABUSE HOTLINE

1-800-992-6978

## AREA AGING AGENCY & SENIOR CENTER

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### MEALS ON WHEELS OF EVANSVILLE

812-476-6521

### SWIRCA & MORE

812-464-7800

16 W. Virginia St., Evansville, IN 47710

### SENIOR RESOURCE GUIDE OF SOUTHERN INDIANA

[www.resources.swirca.org](http://www.resources.swirca.org)

Available in English & Spanish

### THE GATHERING PLACE – HENDERSON SENIOR CENTER

270-827-2948

### SENIOR COMMUNITY CENTER OF OWENSBORO-DAVIESS COUNTY

270-687-4640

### GREEN RIVER AREA AGENCY ON AGING AND INDEPENDENT LIVING

270-926-4433

## CARE FACILITIES

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### PARKVIEW CARE CENTER

812-424-2941

2819 N. St Joseph Ave., Evansville, IN 47720

*Parkinson's Foundation member*

### OASIS SENIOR ADVISORS EVANSVILLE & THE TRI-STATE

Lynn Maserejian, CSA, RN, BSN

812-567-2364

[LMaserejian@YourOasisAdvisor.com](mailto:LMaserejian@YourOasisAdvisor.com)

[www.oassisSeniorAdvisors.com/evansville-tri-state](http://www.oassisSeniorAdvisors.com/evansville-tri-state)

*FREE assistance in finding the "right" senior living community and resources*

# TRANSPORTATION

## METS - METROPOLITAN EVANSVILLE TRANSIT SYSTEM (CITY BUS)

[www.bit.ly/METSbus](http://www.bit.ly/METSbus)

Adults - \$0.75 per ride

812-435-6166

## METS MOBILITY

For those 65 years or older or those with a documented disability that limits the use of the METS regular route system.

## METS MICRO

METS Micro is an on-demand public rideshare service. \$2 per ride.

[www.city.ridewithvia.com/metsmicro](http://www.city.ridewithvia.com/metsmicro)

## WATS - WARRICK AREA TRANSIT SYSTEM

WATS bus routes connect with the Evansville METS transportation system. The fare is \$2.00 per person.

812-254-3225

# HANDICAPPED PARKING PERMITS

## FOR INDIANA:

888-692-6841

[www.in.gov/bmv/registration-plates/drivers-with-disabilities](http://www.in.gov/bmv/registration-plates/drivers-with-disabilities)

## FOR KENTUCKY:

502-564-1257

[www.dmv.org/ky-kentucky/disabled-drivers.php](http://www.dmv.org/ky-kentucky/disabled-drivers.php)

## FOR ILLINOIS:

217-782-2709

Illinois Secretary of State  
Persons with Disabilities License Plates/  
Placard Unit  
501 S. Second St. Rm. 541  
Springfield, IL 62756





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