The Chapter

The American Parkinson Disease Association (APDA) has a Chapter in Nebraska that serves the entire state. While the Information and Referral Center is the service arm of the national APDA, the Chapter is the fundraising and awareness arm. The two entities function as a partnership in providing Nebraska with resources, education and research opportunities. The primary goal of the Chapter is to raise support for ongoing Parkinson’s research, educational programs, and resources for Nebraska as well as the nation. The Annual Walk-a-thon is sponsored by the Chapter and all proceeds go to furthering research to aid in finding a cure for the disease. Hand in Hand, Linking Lives for Parkinson’s is another fundraising event the Chapter hosts annually that promotes awareness across the state. The proceeds from this event are used in Nebraska. The Chapter also sponsors other fundraising and awareness activities throughout the year.

Honourariums, memorials and general donations can be made to the APDA Nebraska Chapter Office, 501 N. 87 Street, Suite 207, Omaha, NE 68114. They are tax deductible.

The Information and Referral Center is the place to find the answers to your questions!
If you are a newly diagnosed or established Parkinson’s patient that has questions about the disease, its progression and treatment, the Parkinson’s Information and Referral Center of Nebraska is the place to find the answers. No person with Parkinson’s should have to struggle in their journey with this chronic disease alone. The Center provides the tools and training as well as support and advocacy to help live the “good life” with Parkinson’s.

The Parkinson’s Information and Referral Center of Nebraska provides a five fold service in assisting the Parkinson’s community throughout the state of Nebraska. These services include education, support group sponsorship, information and resource provision, referral assistance and awareness.

**SERVICE 1: Education**

The Parkinson’s Empowerment Programs (PEP) have several educational opportunities for the Parkinson’s community. Teleconferences are provided six times a year and broadcast a “live” educational session with an expert to the rural communities as well as the metropolitan areas. These classes are held in the local medical hospital in specific cities. Twice a year, two major symposiums are held in Nebraska; one in North Platte and one in Omaha. Participants are updated on the current medical management, research and treatment for Parkinson’s disease. A new training session entitled, “Living the Good Life with Parkinson’s” will target newly diagnosed or established patients who have never received in-depth training about the disease and its progression.

**SERVICE 2: Support Group Sponsorship**

The Support groups offer friendship, understanding and encouragement in a warm and supportive atmosphere for the individual with Parkinson’s disease. They provide a setting for the exchange of information, ideas and feeling to enable the participants to better cope with the challenges of Parkinson’s disease. The interaction in these groups assures you that you are not alone. Nebraska currently has 25 groups throughout the state.

**SERVICE 3: Information and Resource**

The Center is a source of educational literature, disease-related books, educational DVDs and CDs on current Parkinson’s topics and other publications. Most of these resources are offered free of charge to the requesting individual. A newsletter providing current information regarding medication, treatment and activities is published quarterly.

**SERVICE 4: Referral Assistance**

The Center provides lists with names of medical professionals who have expertise in Parkinson’s disease. These referrals list Movement Disorder specialists, neurologists, physical therapists, neuro-ophthalmologists or any other professional providers. Referrals for home healthcare providers, social services, daily living assistance and other Parkinson’s related issues can also be supplied.

**SERVICE 5: Awareness**

The Center in conjunction with the Chapter helps to promote fundraisers, a yearly walk-a-thon, health fairs and research efforts that make the public conscious of the disease and its impact on our state as well as our country. Volunteers are always welcome to help with these activities.

**Information Card**

**PLEASE SEND FREE INFORMATION:**

- Support Groups
- Parkinson’s Disease Handbook
- Be Active!
- Be Independent
- Speech and Swallowing
- Good Nutrition
- Young Onset Parkinson’s Handbook
- Nebraska Parkinson’s Newsletter
- APDA National Newsletter
- Parkinson’s DVD
- Educational Programs (email required)
- Other (please list)

**ADDITIONAL INFORMATION:**

- I am a person with Parkinson’s
- I am a spouse.relative/friend/caregiver
- I would like to attend a support group
- I would like to become a member of the Parkinson’s Nebraska Chapter
- Enclosed is my tax deductible donation:
  - $10 Individual
  - $15 Family
  - $50 Five year

Name: ___________________________
Address: ___________________________
City/State/Zip: ___________________________
Phone: ___________ Cell: ___________
Email: ___________________________

Please make check payable to Nebraska Chapter APDA
Your name will be added to the Center’s Mailing list unless you designate otherwise.