



EISENHOWER MEDICAL CENTER

Phillip and Carol Traub Parkinson's and Movement Disorders Center

PARKINSON'S RESOURCE GUIDE

72780 Country Club Drive, Building B, Suite 202
Rancho Mirage, CA 92270
Phone: 760-773-1444, FAX: 760-773-4200

Healthy Living Resource Center

Rancho Mirage 39000 Bob Hope Drive, Kiewit Bldg #103 **760-568-1234**
(Eisenhower Medical Center campus)

La Quinta 45280 Seeley Drive **760-610-7205**
(Eisenhower George and Julia Argyros Health Center)

- Advance Health Care Directives
- Assisted Living Information
- Do Not Resuscitate Forms, pre-hospital
- Health and Community Information
- Medicare Counseling (by appointment)*
- Physician Referral Service*
- Vial of Life

*Offered at the Rancho Mirage location

Acupuncture

Deidre K. Braun, MS, LAc, Harry & Diane Rinker Bldg **760-766-1212**

Assisted Living

S.H.A.R.E. INC.

Senior Housing of America Referral Experts **760-773-9525**

Senior Living Alternatives, a FREE referral & placement service **760-636-8460**

Amadeus Elite Care, La Quinta **760-541-9193**

Atria Palm Desert **760-773-3772**

Covenant Care **760-636-3080**

Assisted Living

<u>Emeritus, Rancho Mirage</u>	<u>760-340-5999</u>
<u>Fountains at the Carlotta, Palm Desert</u>	<u>760-346-5420</u>
<u>Manor Care, Palm Desert</u>	<u>760-341-0261</u>
<u>Mirage Inn, Rancho Mirage</u>	<u>760-346-7772</u>
<u>Mission Hills Senior Living, Rancho Mirage</u>	<u>760-770-7737</u>

Balance Institute

760-341-9179

Addresses dizziness, falls and balance issues.
Physician referral required.

Exercise

760-773-1480

PD in Motion, for patients and caregivers.
Range of motion, muscle strength, balance and gait.
\$40 per month. *Physician prescription required.*

Hearing Institute of the Desert

760-341-3188

Audiograms and hearing aids.

Home Health Services (In Home Care & Assistance)

<u>Caring Hands of the Desert</u>	<u>760-341-7160</u>
<u>Comfort Keepers</u>	<u>760-340-2166</u>
<u>Desert Home Health Services</u>	<u>760-318-9006</u>
<u>Elder Caring Palm Springs</u>	<u>760-333-0427</u>
<u>Griswold Special Care</u>	<u>760-904-4033</u>
<u>Heaven Heights Senior Care</u>	<u>888-747-3601</u>
<u>Inhome Care Solutions</u>	<u>877-813-5582</u>
<u>ResCare HomeCare</u>	<u>888-330-5017</u>
<u>Right At Home</u>	<u>760-340-1919</u>
<u>Visiting Nurse Association of the Inland Counties</u>	<u>760-346-3982</u>

Hospice

<u>Family Hospice Care</u>	<u>760-674-3344</u>
<u>Odyssey HealthCare</u>	<u>760-346-2816</u>
<u>Serenity Hospice</u>	<u>760-325-8718</u>
<u>Visiting Nurse Association of the Inland Counties</u>	<u>855-862-2211</u>
<u>Vitas Innovative Hospice Care</u>	<u>760-321-2273</u>

Labtechniques (Laboratory draw site appointments) 760-674-3640

Conveniently located on Eisenhower Medical Center campus in the Dolores Hope Outpatient Care Center and at three off-campus locations:

La Quinta 45280 Seeley Drive
(Eisenhower George and Julia Argyros Health Center)

Palm Springs 151 South Sunrise Way
(Eisenhower Health Center)

Rancho Mirage 72780 Country Club Drive, B200
(Rancho Mirage Medical Center)

Lectures 760-568-1234

Parkinson's and Movement Disorders 760-733-1480

Annenberg Center for Health Sciences
Call for Dates, Times and Topic

Massage Therapy

Kristina Archer, AMTA 760-831-4704

Medical Supplies and Equipment

Log on to: **Amazon.com**

Apria Healthcare, Palm Desert 760-200-2918

Elite Home Medical and Respiratory, Inc. 866-962-2424

In & Out Mobility, Palm Desert 760-324-7790

LifeCare Solutions 866-260-2230

Scooter Store 888-909-9387

U.S. Medical Mobility, Palm Springs 760-325-8988

In-Step Mobility Products Corp 800-558-7837

U-Step Walker, walking stabilizer, and ***Laser Cane***

Medical Transportation, non-emergency

B & B Medical Transportation 760-568-4240

Disabled Medical Transport 760-360-2068

SMS Transportation Services 760-347-3900

Valley Medical Transportation 760-863-1572

Medication Reminders

MEDclock **800-549-0095**
or log on to: ***epill.com***

Mobile Phlebotomy

American Forensic Nursing **760-322-9925**

Neuro-Ophthalmology

Peter H. Spiegel, MD **760-322-6002**
Madhu R. Agarwal, MD **909-792-6000**

Neuropsychology

Anita Chatigny, PhD **760-416-8589**
Michael Leitman, PhD **760-346-3664**
Deborah Uchalik, PhD **760-770-7761**

Nutrition Services

Eisenhower Nutrition Consultants **760-674-3660**
Physician Referral required.
EQ Consulting Nutrition Consulting **760-773-1796**
LifeCare Solutions **866-260-2230**

Ophthalmology

Clifford Brown, MD **760-200-9909**
Clement Chan, MD **760-327-6225**
Janet Hartzler, MD **760-564-3887**
Bart Ketover, MD **760-340-3937**
Hal Le, MD **760-836-3937**
Larry Leiske, MD **760-340-3937**
Albert Milauskas, MD **760-340-3937**
Leonard Schwartz, MD **760-340-4700**
Mehdi Shaaf, MD **760-346-5005**
Erik Williams, MD **760-568-3111**

Physician Referral, Eisenhower Medical Center

760-568-1234
Call or visit ***emc.org*** and select *Find a Doctor*

Podiatry

<u>Sheldon Collis, DPM</u>	<u>760-328-4669</u>
<u>Harvey Danciger, DPM</u>	<u>760-568-0108</u>
<u>Steven Ginex, DPM</u>	<u>760-340-3232</u>
<u>Gregory King, DPM</u>	<u>760-327-1254</u>
<u>Michael Seiberg, DPM</u>	<u>760-568-2684</u>

Psychiatry

<u>Les H. Alhadeff, MD</u>	<u>760-674-0331</u>
<u>Anthony Bassanelli, MD</u>	<u>760-341-6026</u>
<u>Allison Botwin, MD</u>	<u>760-778-5355</u>
<u>Ihor Galarnyk, MD</u>	<u>760-341-8341</u>
<u>Irene A. Hanna, MD</u>	<u>760-776-6543</u>
<u>Andrew Janik, MD</u>	<u>760-776-4770</u>
<u>Morton Kurland, MD</u>	<u>760-346-7343</u>
<u>Noel Lustig, MD</u>	<u>760-927-2711</u>
<u>Maria Moya, MD</u>	<u>760-776-6543</u>

Psychologists and Counselors

<u>Nancy Ackerman, MFT</u>	<u>760-324-1488</u>
<u>Anita Chatigny, PhD</u>	<u>760-416-8589</u>
<u>Linda Iger, PsyD</u>	<u>760-772-8654</u>
<u>Michael Leitman, PhD</u>	<u>760-346-3664</u>
<u>Jonne Lerner, PhD</u>	<u>760-341-8700</u>
<u>Julie Madsen, PsyD</u>	<u>760-342-3330</u>
<u>Deborah Uchalik, PhD</u>	<u>760-770-7761</u>
<u>Kristin Van De Carr, PhD</u>	<u>760-568-9933</u>

Rehabilitation Services**760-773-2033***Physician Referral / Prescription required.***Physical Therapy:**

Provides services to relieve pain, minimize or eliminate impairments and functional limitations, and promotes fitness, health, and injury prevention through the use of treatment procedures and intervention, including therapeutic exercise, manual therapy, gait/balance/vestibular training, neuromuscular re-education, and modalities (including heat, cold, electrical stimulation, traction, ultrasound, etc.), and patient education.

Occupational Therapy:

Provides services to improve independence in self-care, activities of daily living, injury prevention through the use of treatment procedures and intervention including therapeutic exercise, manual therapy, fabrication, fitting and training assistive, adaptive, and supportive devices, neuromuscular re-education, and modalities (including heat, cold, electrical stimulation, ultrasound, etc.) and patient education.

Speech Therapy:

Provides services to improve the ability to communicate thoughts, needs, and feelings through the use of treatment interventions, including speech articulation, cognitive retraining, voice therapy, oral motor exercise, and diet texture modification, swallow treatment, and patient education.

LSVT GIB and LSVT LOUD: Behavioral Treatment Programs for Body Movement and Speech in Parkinson's Disease

Provides a unique exercise and neuromuscular re-training program developed for persons with Parkinson's disease, focusing on intensive high effort, amplitude-based exercise for the limb motor system. It also teaches the amount of effort required to produce normal movements, translate bigger movements into real-world, everyday activities, faster walking with bigger steps, improved balance, and increased trunk rotation.

Convenient Locations:

Convenient outpatient services are located on Eisenhower Medical Center Campus in the Harry and Diane Rinker Building, in Dolores Hope Outpatient Care Center, including the Balance Institute, and at two outpatient rehabilitation clinics:

La Quinta 78822 Highway 111 (One Eleven La Quinta Shopping Center)
Palm Springs 4771 E. Palm Canyon Drive, Suite F (Rimrock Shopping Center)

Physical Therapy and *Aquatic Rehabilitation

<u>Complete Care Physical Therapy – PS</u>	760-325-5950
<u>*Cornish Physical Therapy</u>	760-568-9811
<u>Desert Cities Physical Therapy</u>	760-340-4050
<u>Elite Physical Therapy</u>	760-771-9054
<u>Perry Physical Therapy</u>	760-773-2179

Respiratory Care and CPAP Mask

<u>Apria Healthcare, Palm Desert</u>	760-200-2918
<u>LifeCare Solutions</u>	866-260-2230
<u>Lincare</u>	760-328-1200
<u>United Oxygen</u>	760-346-0234

Sleep

Eisenhower Sleep Disorder Clinic

760-773-1411

Physician Order required for sleep study.

Speech and Vocal Therapy

Ruthanna Metzgar, DMA, Founder and Director of

Songshine

425-210-3612

Provides effective vocal therapy classes for persons whose speech has been compromised by Parkinson's disease, other neurological disorders, or aging.

Support Groups

Parkinson's Support Group of the Desert

760-773-1480

"Friends with Parkinson's, Caring Through Sharing"

A facilitated self-help group for patients to share new information and personal experience, together with other resources that will support improved quality of life, better understanding of the disease, the treatment, and better self-management of the disease.

Every Tuesday 2:00 – 3:00 p.m., Annenberg Center

Personal Empowerment for Caregivers

760-773-1480

A simultaneous, but separate, facilitated self-help group for caregivers.

Urgent Care, Eisenhower

760-834-3593

La Quinta 45280 Seeley Drive

(Eisenhower George and Julia Argyros Health Center)

Palm Springs 151 South Sunrise Way

(Eisenhower Health Center)

Rancho Mirage 72780 Country Club Drive, B203

(Rancho Mirage Medical Center)

Voice Amplification

Luminaud Inc., speech equipment

800-255-3408

or log on to: ***luminaud.com***