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Parkinson Press

Parkinson Partners of NW PA, Inc. (814) 899-3030 www.parkinsonpartners.org

Annual Living Well with PD Seminar with Both In-Person and Virtual Viewing Options

LIVING WELL WITH PD SEMINAR

SATURDAY, SEPTEMBER 28, 2024
9:30 AM-12:30 PM
CHECK IN BEGINS AT 9:00 AM

SPRINGHILL SENIOR LIVING
2323 EDINBORO ROAD
ERIE, PA 16509

SPEAKERS:

DIMITRIOS A. NACOPOULOS, MD
CLINICAL ASSISTANT PROFESSOR DEPARTMENT OF NEUROLOGY UNIVERSITY OF
PITTSBURGH SCHOOL OF MEDICINE UMPC NEUROLOGICAL INSTITUTE

GRANT YOCHIM, ESQ., CELA
ATTORNEY SPECIALIZING IN ADVISING SENIORS/FAMILIES ON LONG-TERM CARE,
MEDICAID, AND RELATED MATTERS, WITH EXTENSIVE EXPERIENCE IN PROPERTY
TRANSFERS AND
MEDICAID PLANNING

CHRIS SHUMAKER, MS CCC-SLP
CLINICAL INSTRUCTOR AND FACULTY MEMBER IN THE COMMUNICATION SCIENCES
AND DISORDERS DEPARTMENT AT PENNSYLVANIA WESTERN UNIVERSITY AND PRIMARY
PROVIDER OF THE PARKINSONS VOICE PROJECT'S SPEAK OUT! PROGRAM.

LEARN ABOUT:

- THE PARKINSON BIOMARKER AND HOW IT WILL HELP WITH A PD DIAGNOSIS
- ESTATE PLANNING THAT WILL PROTECT YOUR ASSETS
- HOW YOU CAN GET INVOLVED IN THE PD SPEAK OUT VOICE PROGRAM



ATTENDANCE IS FREE FOR BOTH IN-PERSON AND
VIRTUAL FORMATS.

REGISTER AT: WWW.PARKINSONPARTNERS.ORG OR
CALL (814) 899-3030



**“You are
not alone.”**



**Parkinson Partners’
Mission Statement:**
To encourage,
educate and support
those with
Parkinson’s disease,
their caregivers and
loved ones as they
cope with the
challenges of
disease. Exploring
better resources,
services and
outcomes for people
with PD.

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*Please remember
Parkinson Partners
in your estate
planning. Your gift
can ensure that
local services and
support continue
for the Erie PD
community.*

News and Notes

Local Businesses Supporting the PD Community: Big thanks to **Sara's Restaurant** and **Romolo's Chocolates** for both choosing Parkinson Partners as charities to support this summer! We received a \$500 donation from Sara's and a \$1500 donation from Romolo's! We are so grateful for these business' support. Please show your thanks when you visit both of these wonderful local establishments!

Rock 'n Country Dance Committee Members Needed: Looking for a way to get involved in the PD community? Join us as we plan our Rock 'n Country Dance and look for sponsors, ad buyers and silent auction donors. We can also use volunteers who would be willing to pick up auction donations. Let us know if you'd like to get involved.

Board Members Needed: Are you looking to get more involved in the PD community? We are in need of some new board members. As a nonprofit, we have a board of directors to provide oversight and governance. We are looking for those with an interest in helping the PD community. Prior board experience would be helpful but is not necessary. If you'd like to read the Board Director Job Description, it is available on our website. If interested, please fill out the Board Director Application which can also be downloaded from the website. Applications can be mailed to: PO Box 10547 Erie, PA 16514 or emailed to: info@parkinsonpartners.org. Please call 814-899-3030 with any questions you may have. Thank you for your consideration of this important role.

Home PD Exercise Options Including Local Options

Here are some at-home exercise options. The links are LIVE so if you are reading this newsletter online, just right click on the link and you'll be taken directly to the website. Remember to consult your physician before starting any new exercise program.

Local: Our Purposeful Movement and Wellness team including Gannon University Professors Dr. David LeVan, OT and Dr. Courtney Roca, PT and retired Professor Tom Hudson, PT along with graduate OT students Taylor Mandley, Lily Bargabus, Ashley Tomasko and Brianna Murosky, Aurora Brown, Lauren Greenlee, Caitlin McKee, Carrie Pratt, Claire D'Amore, Alexandra Gyory, DPT student Brandi Tirado and Radiological Sciences student Riley Fanaro, have created some home exercise videos that you can access on YouTube:

- **NEW:** <https://youtu.be/DKXrGoaizJ8>
- **NEW:** <https://youtu.be/C7Y8rLMUjzA>
- Winter 2021: <https://youtu.be/HqUZ7CyOcjA>
- Winter 2021: <https://youtu.be/shnsCH9rqC8>
- Fall 2020: <https://youtu.be/mowyEAf7qK0>
- Fall 2020: https://youtu.be/PZ62_U84Hq8
- Fall 2020: <https://youtu.be/FFkGBU-vJ90>
- Summer 2020 Part 1: <https://youtu.be/lcsBTPoX1dU>
- Summer 2020 Part 2: <https://youtu.be/l8pjyBERaxA>
- Spring 2020 Part 1: <https://youtu.be/-ud1erTZcmA>
- Spring 2020 Part 2: <https://youtu.be/2XiSyoixBfM>

Seated:

- Power for PD: <https://www.youtube.com/channel/UC9QTes9SMZKbSzDS-nvhr3g/videos>
- Sit and Be Fit: <https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

Seated and Standing:

- Unique Physique Fitness Center: <https://www.facebook.com/watch/UniquePhysiqueFitnessCenter/>
- APDA: <https://www.apdaparkinson.org/free-online-exercise-and-therapy/?eType=EmailBlastContent&eld=4c51adf3-809e-4c84-b67a-623c6512cf34>

LIVE Classes from Parkinson Foundation of Western PA: remember you must pre-register to attend these live classes. There is a large variety of options, so we encourage you to check them out. Thank you, PFWPA for including our group.

- <https://pfwpa.org/exercise/>

Best Wishes for those with Special Celebrations

Happy Birthday and Happy Anniversary to our members!

To have your birthday or anniversary added to our list call 814-899-3030 or email: info@ParkinsonPartners.org

August

5—Sally Asbury
16—David Bard
19-- Bill Dyakon
21—Patricia Weiss
21—Mike & Karen DiNunzio Anniv
24—Dave and Patty Cooney Anniv

September

10 – Susie Wressell
27—Mary Heintz
30—Bob Sensor



PURPOSEFUL MOVEMENT & WELLNESS PROGRAM FOR THOSE WITH PD



If you have PD, you know you should be exercising. Join us for a class specifically geared towards the challenges of Parkinson's disease. Plus, it's FUN! Activities are designed and supervised by Physical Therapists and Gannon University students will be available to assist and to provide added safety. Class size is limited, so sign up today!

This session runs Tuesdays, Sept. 17th-Nov. 19th (off 10/8 for Gannon Fall Break and 11/5 for Election Day) from 2:30-4:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Cost is \$80. Call 814-899-3030 for more information or an application. Applications can also be downloaded from our website: www.parkinsonpartners.org



Covid Policy: "It is important that you understand the inherent risk of exposure to COVID-19 exists in any public place where people are present. According to the Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable. All attendees of Parkinson Partners of NW PA's in-person events and classes must agree to adhere to our guidelines and the guidelines of our community partners and voluntarily assume all risks related to exposure to COVID-19. We also encourage you to stay home if you are feeling unwell or if you have been exposed to Covid-19, the flu or any other virus."

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Erie, PA 16514

PHONE:
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E-MAIL:
info@ParkinsonPartners.org

DONATIONS:

Checks should be made payable to "Parkinson Partners" and mailed to the address above. Donations can also be made via PayPal on our website.



Thank you to everyone who supported Parkinson Partners through Erie Gives. Donations are still being counted but as of 8/22/24, our total is **\$17,228 with 103 donors**. This total does not include the pro-rated match and the bonus bucks. We will have an official total in September. Your generosity helps us keep PD services, support and programs local. We are so grateful for your support!

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Like us on Facebook!



We're on the Web!

See us at:

www.ParkinsonPartners.org

DISCLAIMER: The material presented in this issue is solely for the information of the reader. It is not intended for treatment purposes, but rather as a basis for discussion with the patient's physician.

Support Group Meeting Schedules

See our upcoming meeting schedule. Remember: all events are also listed on our Events Calendar on our website including live links to Zoom meetings. **Make sure to sign up for our emails so you are alerted to any last-minute changes.**

ZOOM MEETINGS:

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesday, September 18th**. Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting** on **Thursday, September 26th at 1:30 PM**. Join Zoom Meeting: <https://us06web.zoom.us/j/96391675305>

IN-PERSON MEETINGS:

- **Evening PD Support Group** will be held on **Tuesday, Sept. 10th at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room)**. We will have a hot dog supper so bring a snack/dish to share and your own drink. All are welcome, even if you want to skip the meal.
- **Care Partner Only Lunch:** Join other Care Partners for conversation on **Monday, September 23rd at 11:30 AM** at **Sara's on Presque Isle** (if Sara's closes early we'll meet at **Wegman's Café on Peach St.**)
- **Eastside YMCA PD Support Group:** Join us at the **Eastside YMCA, 2101 Nagle Road** on **Wednesday, September 4th at 1:00 PM**. All are welcome!