

Parkinson Press

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

“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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Rock ‘n Country Dance 2024

Please join us at the Rock ‘n Country Dance on **Friday, November 1st from 7:00-11:00 PM at the Concourse at Union Station. Tickets are \$40 each or \$375 for a reserved table for 10.** Your ticket includes: the unlimited beer, pop and appetizers. A cash bar will also be available. Please see the flyer on Page 3 for more details.

Tickets can be purchased on our website: www.ParkinsonPartners.org. If you are uncomfortable purchasing tickets online, give us a call and we’ll help you out. Know that we want you to come, relax and have fun so we will have some Gannon and PennWest Edinboro student volunteers available to help you get into the building, find a seat, assist with getting food etc., and to maybe even get you out on the dance floor. So please know this is a PD-friendly event!

Please share this information with your family and friends. Our Facebook page was hacked so we are without Facebook ads at the moment so we really need your help spreading the word. This is our chance to put a face on PD and to raise some much-needed funds to support our efforts to help those with Parkinson’s disease in the Erie region.

We are also looking for your help! If you know of anyone who would be willing to be an event sponsor or place an ad in the event program, please let us know. This is a great way for a business to advertise and show support. It is also a nice way to do a personal ad in honor or in memory of someone with PD. Our website has more details.

We are also looking for donations for our silent auction. Would you be willing to donate a basket, or an item that could be combined with others to form a basket? We’d like baskets to be valued at \$50 or more, but gift cards and items can be combined to create those baskets so all donations are welcome. We would also be happy to take old baskets off of your hands. Items can be dropped off at Encompass Rehabilitation Hospital, 143 E. 2nd St. or call us for a pick up. We appreciate your support and hope to see you at the Dance!

Understanding Our Community’s Needs


We need your help! As the board of directors and I plan for 2025, we are reaching out to you, to ask your opinions on our programs, services and outreach. As funding becomes harder, and more time consuming, to get and expenses increase, it is important that as an organization, we are mindful of your needs so we can prioritize those, while being respectful of our budget. We would appreciate your honest feedback.


Below is a link to the survey. No password needed. If you would like a paper copy mailed to you, please let us know and we’ll happily mail one to you. You can also call our office to provide your answers over the phone if that is more convenient.

Thank you, in advance for your participation. Parkinson Partners is here for you so let your voice be heard!

Survey Link: <https://us18.list-manage.com/survey?u=b6f1f82ffe0425d42739515a5&id=ef3b0e1366&attribution=false>

News and Notes

 **Seminar Recording:** Thank you to the speakers and sponsors of our annual seminar. We had a great turnout. Special thank you to Springhill for hosting us again this year. We are so fortunate to have this wonderful community partner! If you missed the seminar you can watch by clicking this link (the link is also available on our website.) No password needed.
<https://vimeo.com/event/4542951/f7cda5832d>

 **Erie Gives 2024:** Thank you, thank you to everyone that donated during Erie Gives. Once the pro-rated match was included, we raised \$18,169.39! This is amazing! We are so grateful. All funds raised will help us provide services, programs and support for those with PD right here in the Erie region!

 **Facebook Hacked:** Our Facebook page was hacked on 9/19. We are trying to get it back but if you see something on Facebook regarding Parkinson Partners, that doesn't look right, please report it to Facebook and let us know. Thank you.

 **Board Members Needed:** Are you looking to get more involved in the PD community? 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 to join us. Prior board experience would be helpful but is not necessary. The Job Description and Application can 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/l8piybERaxA>
- 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://pfpwa.org/exercise/>

Best Wishes for those with Special Celebrations

Happy Birthday and Happy Anniversary to our members! To be added to our list call 814-899-3030 or email: info@ParkinsonPartners.org

October

1—David Montgomery

2—Bill & Corrine Dyakon, Anniv.
6—Howie Heintz
7—Debbie Fleming
8--Nancy Eichelsdorfer
11—Patty Cooney
25—Adele Jones, Sue Yarnell
26—Debbie Goodwin
27—Tim Kirkpatrick

28—John Needham
29—Karen DiNunzio
31—Dave & Nancy Brown Anniv

November

1—Suzanne Scheuer-Leone
19 -- Carolyn Baxter

FRIDAY, NOVEMBER 1, 2024

7-11 PM



Committed to the Creation of Exceptional Events
CONCOURSE OF UNION STATION



ROCK 'n Country DANCE



at Concourse of Union Station, 121 West 14th Street

PROCEEDS BENEFIT PARKINSON PARTNERS OF NW PA

Tickets: \$40 per person or \$375 for a table of 10

Available On-Line at ParkinsonPartners.org

Includes Beer, Soda and Appetizers

CASH BAR



For More Information, Call Parkinson Partners At 814-899-3030

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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.



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Erie, PA 16514

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, October 16th**. Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting on Thursday, October 24th 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, October 8th and November 12th at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room)**. We will have a soup 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, October 28th at 11:30 AM** at **Wegman's Café on Peach St.**
- **Eastside YMCA PD Support Group:** Join us at the **Eastside YMCA, 2101 Nagle Road on Wednesday, November 6th at 1:00 PM**. All are welcome!

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