

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

Spring Purposeful Movement Classes

Parkinson experts and current PD research all indicate that exercise is vital in the treatment of PD. If you are only taking medicine, you are missing an important step you can take to make your journey with PD easier.

According to the Michael J. Fox Foundation, “There is evidence that exercise may hold specific benefits for people with Parkinson’s in staying active and relatively limber, and improving balance and motor coordination.”

So, are you exercising? Would you like to participate in activities specifically designed to help address PD symptoms supervised by a physical and occupational therapist? Would you feel more comfortable exercising with others who understand the challenges of PD rather than having to explain symptoms to others? Would you appreciate having help available if you need it?

Our Purposeful Movement and Wellness Classes will start up again on **Tuesday, February 7th** and will run for 8 weeks on Tuesdays from 1:30-3:00 PM at the Salvation Army Senior Center at the corner of West 11th and Liberty Streets. Cost is \$80.

Each participant will be partnered with students from Gannon University’s Occupational or Physical Therapy Programs. The students provide additional safety and personalized instruction. They can also help modify the group exercises for your specific needs, under the supervision of current and retired Gannon faculty: Physical Therapist Courtney Roca and Physical Therapist Tom Hudson with assists Occupational Therapist Dave LeVan.

This session will feature a wide variety of exercise and activities, including boxing which has become a huge hit with our

regular participants. There will also be an emphasis on walking, cardio fitness and strength building using hand weights.

The classes provide a great opportunity to exercise and to meet others in the PD community. Spouses and family members who accompany participants are welcome to stay and relax in the lounge or are free to run errands or join other spouses/caregivers who go out for coffee during the classes.

The application can be downloaded from our website www.parkinsonpartners.org. You can also call 814-899-3030 or email Lynne at info@parkinsonpartners.org for an updated application. **All local neurology offices have a copy of the required medical release. You should be able to call or message your neurologist’s office and request that their office email or fax the medical release directly to us.**

Space is limited so get your paperwork in as soon as possible to reserve your spot. No spots will be held. Your reservation is complete once we have received your application, waiver, payment and your neurologist signed medical release. You will receive a letter/email when you have been accepted into the program.



News and Notes

🎵 Thank you to everyone who donated in 2022 to help support Parkinson Partners. Those donations make it possible for us to continue with our mission to provide programs, services, support and hope to the PD community. We are always looking for new ideas and partners to help us raise funds. Reach out to us at any time with your suggestions, connections and ideas. Together we can ensure that Parkinson Partners is around for another 30 years or until there is a cure!

🎵 Don't forget about the **Mead Transportation Grants** which provide a \$50 gift certificate to Hansen's Errand Service to help with transportation or errand service needs. For more information or to request and application check out our Program section of our website. Feel free to call if you need additional help.

🎵 **Who's ready for some new home exercise videos?** Several of our fantastic Gannon University student volunteers took it upon themselves to create the following videos for the PD community. Please check them out. We are so grateful to these students for their interest and commitment of time and energy to help the PD community stay fit and moving during the winter.

- <https://youtu.be/DKXrGoaizJ8> (created by Carrie Pratt, OT student and Riley Fanaro, Radiological Sciences student)
- <https://youtu.be/C7Y8RLMUjzA> (created by Claire D'Amore, OT student and Alexandra Gyory, OT student)

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 and DPT student Brandi Tirado have created some home exercise videos that you can access on YouTube:

- 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/2XiSvoiXBfM>

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

January

1—Robin Caravaglia,
Dave Yarnell
7—Paul & Debbie
Goodwin Anniv.
7—Sandra Barron
15—Bill Mason
25—Patricia Hall
31—Dave Cooney



Volunteers Needed

Share your life experience and help
student physical therapists

Student physical and occupational therapists from Gannon University are eager to learn from your personal experience with Parkinson's, Multiple Sclerosis, Brain Injury, Stroke, or other similar condition.

What: **Under faculty supervision**, you will help teach students about your life experiences living with a neurological condition. Students will practice physical and occupational therapy examination and treatment during sessions on the Gannon campus.

How: Attend a minimum of four sessions round 1 OR 3 sessions round 2 (per schedule below); support person welcome but not required. Volunteers must be able to attend all sessions in the round.

Round 1: Fridays, 8:00—10:00 am OR 12:30—2:30
1/27, 2/3, 2/10, 2/17

Round 2: Fridays, 8:00—9:30 am OR 1:30—3:30
3/24, 3/31, 4/14

Call or email for more information:

Beth Gustafson

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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.



\$30 to Celebrate \$30 Years

Help us celebrate our 30th Anniversary by donating or signing up as a monthly donor. Your gift will help us provide needed support, education and services to those with PD.

To help go to
www.parkinsonpartners.org/donate

Parkinson Partners of NW PA, Inc.
PO Box 10547
Erie, PA 16514

If you wish to be removed from the mailing list, please call 814-899-3030.

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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

Remember: all events are also listed on our Events Calendar on our website including live links to Zoom meetings.

ZOOM MEETINGS:

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesdays, January 25th and February 8th and 22nd at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, January 26th and February 23rd at 1:30 PM.** Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHqxbXhnRS9GTGpKdlpTeURHSiJJdz09>

IN-PERSON MEETINGS:

- **Wegman's PD Support Group** will meet at the Peach Street Wegman's on **Tuesdays, February 21st at 5:30 PM for newer members with the rest of the group joining at 6:00 PM** in the dining area. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at Peach Street Wegman's on **Monday, January 23rd and February 27th at 11:30 AM.**