

April 2023

Volume 8 Issue 4

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.

Inside This Issue:

Hope Needs Help 1

Support Group Meeting Schedule 4

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

Hope Needs Help: Will You Support Our Mission?

As we celebrate our 31st Anniversary and Parkinson’s Awareness Month, I wish to thank all who have supported Parkinson Partners of Northwest PA over the past 31 years! **Who are we?** Parkinson Partners is a 501c3 Non-profit organization, founded in 1992 by couples who saw the need for local services for the Erie PD community. **We remain the only nonprofit serving the PD community in the region.**

As we grew over the years, we saw the need for more programs and services, but the question was **how to provide them?** Although initially the financial needs consisted of small donations to provide coffee and amenities for support group meetings, the vision and need grew requiring benevolent funds to build our programs and services. We wrote for a grants and were able to receive foundation support thanks to generous donors that sustained us for many years. **What were we able to build?** Through the efforts of a **volunteer board**, we were able to hire and employ an **Executive Director** to oversee, manage and provide all our programs and services that were born out of the needs that our participants demonstrated over the years. **Without the work of our Executive Director, we will be unable to provide these beneficial services for you.**

Examples include:

- **Information and Referral Phone line:** Providing consultation, information and referrals to community resources.
- **Purposeful Movement and Wellness Program:** Fall, Spring and Summer in-person exercise series in partnership with Gannon University and The Salvation Army. In-person assist by PT and OT professors and students
- **Newly Diagnosed Education Series:** Offered in April each year for those new to the challenges of PD.
- **Annual Educational Seminar:** Offered to provide current and up to date physician presentations on the newest treatment options as well as wellness, coping and support services information.
- **Persons with PD and Caregiver Support Groups:** Multiple venues and regular sessions are offered in-person and via Zoom for PwPD, caregivers and family members.
- **Social gatherings** to nurture friendships and support connections.
- **Respite Care Program:** Offering home health aide services to allow the caregiver respite and self-care opportunity.
- **Transportation Grant Program:** Funding to provide transportation to key appointments partnering with Hansen’s Errand Service

Where are we now? The larger financial resources and grants that we depended in the past have been depleted. We must now depend upon our fundraising efforts as we work to identify new grant opportunities and benefactors that might embrace our organization through a generous gift. Be assured, that the Board of Parkinson Partners is addressing the challenge, and are seeking new community partners, grant opportunities and benevolent contributors to gain the additional funds that will assure that our Programs and Services remain accessible to everyone.

We need your help! Won’t you please consider a donation during Parkinson’s Awareness Month to support our important work? Without the generosity of donors, like you, we will not be here to serve those with PD and their families. A remittance envelope is enclosed for your convenience.

For those of you have supported us over the many years, again THANK YOU! We are committed to the challenge and welcome your input and ideas. We are confident that with our combined commitment, Parkinson Partners of Northwest PA will continue for another 30 years and beyond!

With deepest gratitude and regard,
Susan Peters, President, Parkinson Partners of Northwest PA

News and Notes

🎵 **Sympathy:** our deepest sympathy to the families of **Jim Cripe** and **Ike Strain** who passed away in March. Jim was an active member of our wellness program and he and his wife Adele attended many educational events. Ike and his wife Mariann have been active members of our Zoom and in-person support groups. We are so grateful that both families chose Parkinson Partners for their memorials. We send our prayers to Adele, Mariann and their families. Jim and Ike will both be missed! If you would like to send a card to Adele or Mariann, here are their addresses:

Adele Cripe
5303 Love Rd.
Erie, PA16506

Mariann Strain
4558 North Park Lane
Erie, PA16506



April is Parkinson's Awareness Month and while we do not celebrate Parkinson's, we do celebrate YOU and your families!

🎵 **Mark Your Calendars:**
Lake Erie Speedway will be hosting Great Lakes Cars and Coffee, a car show in tribute to Elmer "Porky" Chambers on Sunday, July 9th from 8:00 AM-noon. 50% of the gate proceeds will be split between Parkinson Partners and the Alzheimer's Association. For more information go to:
<https://www.lakeerispeedway.com/great-lakes-cars-coffee>

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/l8pjbYERaxA>
- 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&Id=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.

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

April

2--Dave Brown
7 – Denise Wahler
10 – Audree Parr
19—Paul Jewell
28--Nancy Brown

May

4—Charles Ramsey
9—Charles & Linda Ramsey Anniv.
16--Linda Sensor

PARKINSON'S AWARENESS EDUCATIONAL OPPORTUNITIES

THURSDAY, APRIL 20, 2023

Step Into PD Wellness

Join us at Encompass Health Rehabilitation Hospital, 143 East 2nd Street from 10:00 AM-2:00 PM for a Lunch & Learn focused on Parkinson's Wellness. Hear from physical, occupational, speech and music therapies and pharmacy with tips and guidance on how to stay well when dealing with PD. You must register for this free event. Space is limited. Lunch will be provided. Your lunch choices are: Tuna Salad Croissant, Combo Sub or Veggie Wrap.

Call 814-878-1201 to reserve your spot. Please be ready to provide the lunch choice for you and your guest and any dietary issues when you call.

Optional Walking Assessment: You will also have the opportunity to have a free walking assessment done by PT/OTs, after the Lunch & Learn, to help you start a walking program or to see if you could benefit from outpatient PT/OT. Reserve your assessment spot when you RSVP for the Lunch & Learn.

FRIDAY, APRIL 21, 2023

PD: The Basics & Beyond Webinar

Join us for a Zoom webinar starting at 1:00 PM featuring Dimitrios Nacopoulos, MD, Neurologist/Movement Disorder Specialist who will be focusing on a topic of interest to those who are newly diagnosed along with those who have had PD for a while. Nykole M. Gonzalez, PsyD, Clinical Psychologist with Northshore Psychological Associates will also join us, presenting, "Parkinson's Disease: Coping with Passion and Determination." Both Dr. Nacopoulos and Dr. Gonzalez will also be available to answer your questions.

You must register to attend. The webinar will be recorded and the recording will automatically be sent out to those who registered. Parkinson Partners will also post the recording on our website. **Register at www.ParkinsonPartners.org.**



For more information go to our website:
www.ParkinsonPartners.org

Parkinson Partners of NW PA, Inc.

PO Box 10547
Erie, PA 16514

PHONE:
814-899-3030

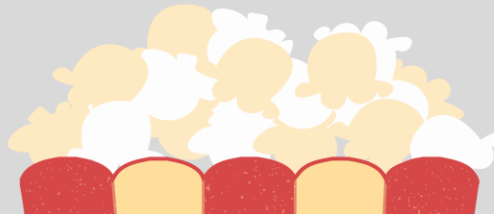
E-MAIL:
info@ParkinsonPartners.org

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.

CALLING ALL POPCORN LOVERS! POPLUCK FUNDRAISER

Join us at PopLuck for "Food for Thought"
Parkinson's Awareness Month Popcorn
(Vanilla popcorn with peanut butter filled pretzels
and a chocolate and peanut butter drizzle).
Parkinson Partners will receive a portion of every
sale. Show this flyer or mention Parkinson Partners
when you order. Thank you!

**FRIDAY, APRIL 28, 2023
11 AM TO 8 PM
1535 WEST 8TH STREET**



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.

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

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, April 5th and 19th and May 3rd, 17th and 31st at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, April 27th and May 25th 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 **April 11th 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, April 24th at 11:30 AM.**