

# Parkinson Press

Parkinson Partners of NW PA, Inc. (814) 899-3030 [www.parkinsonpartners.org](http://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.*

## Fall PD Wellness Classes



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 an Occupational and Physical Therapists and Gannon University OT and PT students will be available to assist and to provide added safety. Class size is limited, so sign up today! **This program is supported by a community grant from the Parkinson's Foundation.**

The Fall Session runs Tuesdays, September 12<sup>th</sup>-November 14<sup>th</sup> (off October 10<sup>th</sup> and November 7<sup>th</sup>) 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](http://www.parkinsonpartners.org)

## Parr Parkinson Champion Award Nominations

Once again, this year the Board of Directors of Parkinson Partners is asking for nominations for the annual Audree Parr Parkinson Champion Award. We would like to recognize an individual or organization that has brought awareness and/or resources to the Parkinson's disease community.

Please think about who has made a difference on your journey with PD? Is there a program or service that you have found helpful? Is there a health care professional who takes extra time and seems to really advocate for your needs as someone with PD? Is there an agency or group that understands the unique needs of the PD community and strives to offer assistance?

Nominees can be from Erie or anywhere in the region so Warren, Chautauqua, Meadville and other readers outside of Erie County, get your nominations in too.

There is a nomination form on our website [www.parkinsonpartners.org](http://www.parkinsonpartners.org). It can also be emailed or mailed to you. Please have completed forms back to us by **August 28<sup>th</sup>**. We hope to present the award at our seminar on Saturday, September 16<sup>th</sup>. Feel free to call or email if you have any questions or concerns.

## News and Notes



### Cookies Needed for

**Fundraiser:** We are so grateful to the Randy Faipier Foundation for choosing Parkinson Partners as the beneficiary of the proceeds of their fall fundraiser. See Page 3 for more information. They have asked that in addition to selling tickets, could we provide cookies as the dessert for the event. We estimate that we will need at least 60 dozen cookies. If you are able to help, please let Lynne know. We have a volunteer who will help us coordinate a fantastic cookie table. Thanks in advance for your help!



### THANK YOU to everyone who donated to Erie Gives!

We are still waiting on our official total after the match is calculated but we know so far, we raised \$13, 545!! Those funds will stay local to support programs and services for those with PD in the region! We are so grateful for the support!



### Social Clubs with Small

**Games of Chance:** Did you know that clubs that offer small games of chance in PA are required to donate some of the proceeds to charity? If you or someone you know is a member a social club, we would be very grateful if you would suggest Parkinson Partners as a possible recipient of the proceeds. As a small nonprofit, we rely on donations, fundraisers and grants in order to survive, and we continue to look for new ways to secure funds, all while the need for our services continues to grow, due to the increase in PD diagnoses. We'd appreciate your help and welcome ideas you may have for fundraising ideas.

## 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](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://pfpwpa.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](mailto:info@ParkinsonPartners.org)

### August

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

### September

7 – Margo Lilly  
10 – Susie Wressell  
27—Mary Heintz  
30—Bob Sensor



THE RANDY FAIPLER  
MEMORIAL FOUNDATION

HOSTS:



## Fundraiser Event

Benefitting Parkinson Partners of Northwestern PA

- TICKET INCLUDES - ADMISSION, FOOD,  
BEER/POP/WATER,  
CASH DRAWINGS EVERY 1/2 HOUR
- CHINESE AUCTION
- GAMES OF CHANCE/RAFFLES
- 50/50
- CASH BAR

TICKETS WILL BE  
AVAILABLE SOON!  
CALL US FOR  
MORE INFO.  
814-899-3030 OR  
CHECK OUT OUR  
FACEBOOK PAGE

SEPT  
**23**  
2023

Thank you for your support!

PROCEEDS BENEFIT:



Saturday

**SEPTEMBER  
23rd**

4:00 pm - 8:00 pm

TICKETS - \$25

Polish Falcons  
431 East 3rd St. Erie, PA

LIVING WITH PARKINSON'S

# Managing Changing Symptoms

September 16, 2023

9:30 am – 12:30 pm

\*Check-In opens at 9am

**Speakers:**

**Dimitrios A. Nacopoulos, MD**

Clinical Assistant Professor  
Department of Neurology  
University of Pittsburgh School of Medicine  
UMPC Neurological Institute

**Xin Xin Yu, MD, MS**

Director of Functional Movement Disorders Program  
Neurological Institute Experience Officer  
Center for Neuro-Restoration  
Cleveland Clinic

Springhill Retirement Community

2323 Edinboro Road  
Erie, PA 16509

After many years of good symptom management, Parkinson's disease may become more challenging. Learn how Parkinson's symptoms may change over time and new strategies available for managing them.

Attendance is free.

Learn More and Register at:

[Parkinson.org/Erie](https://Parkinson.org/Erie)

or call (814) 899-3030





## 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.

## PARKINSON PARTNERS SUMMER PICNIC

Monday, August 21st at 6:00 PM at Shades Beach Park,  
7000 East Lake Road in Harborcreek

Hot dogs, tableware and water provided. Bring your own drink and dish to share. Please RSVP by 8/19/23 to 814-899-3030 or info@parkinsonpartners.org



We will be holding a short Rock 'n Country Dance Committee Meeting at the picnic for those that would like to volunteer. Unable to make the picnic but want to help, just let us know. Thanks!

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Erie, PA 16514

Like us on Facebook!



We're on the Web!

See us at:

[www.ParkinsonPartners.org](http://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, August 23<sup>rd</sup> and September 6<sup>th</sup> at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, August 24<sup>th</sup> at 1:30 PM.** Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHgxbXhnRS9GTGpKdlpTeURHSjJJdz09>

### IN-PERSON MEETINGS:

- **Wegman's PD Support Group will be off for the summer.** Meetings will resume on September 12<sup>th</sup> at 6:00 PM We will be moving the meetings to Springhill Retirement Community, 2323 Edinboro Road. You are welcome to bring take out if you'd like to have dinner. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at **Sara's at Presque Isle (moved for the summer) on Monday, August 28th at 11:30 AM.**