

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.

Rock 'n Country Dance 2023

Please join us at the Rock 'n Country Dance to benefit Parkinson Partners. The dance will take place on **Friday, November 3rd 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 and on Facebook (we have an event page). 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!

Courtney Roca, 2023 PD Champion Award Winner

The 2023 Audree Parr Parkinson Champion Award was presented at the Seminar to Courtney Roca, PT, DPT, EdD, PT professor at Gannon University and co-director of our Purposeful Movement and Wellness Program. Courtney was honored for her contributions to the wellness program, most notably, her effectiveness in raising the level of quality within the program in the last few years. She has raised the bar on robustness of the exercise components for each session; our program has become tougher but better, because of Courtney and the participants are rising to the challenge. She brings an enthusiasm and caring spirit which also connects her to the wellness participants. We are so fortunate to have her as a part of our team. She truly is a PD Champion!

Congratulations Courtney!



News and Notes

🎵 **Calendar:** The event calendar on our website is regularly updated. It's a great place to find out what is going on in the PD community, especially with our schedule adjusting due to the upcoming holidays. As a reminder, our newsletter is only printed once a month and must be printed locally then sent to Pittsburgh for mailing so signing up for our email updates and checking out the calendar online will keep you in the loop in case there is a change to any scheduled event. Here is a link to the calendar:
<https://www.parkinsonpartners.org/events/>

🎵 Thank you to UPMC Hamot Movement Disorder Neurologist Dr. Nacopoulos and Cleveland Clinic Movement Disorder Neurologist Dr. Xin Xin Yu for presenting at the Managing Changing Symptoms education event. Both gave insightful and interesting talks. Did you miss the event? A recording is available at: <https://vimeo.com/event/3583011/7d652ec133> Please note: the 30 minute break between the speakers was unable to be cut, so be ready to fast forward after the award presentation/exercise break. We also thank our partner the Parkinson's Foundation and Springhill along with all of our sponsors for their support.

🎵 Don't forget to get your flu shot and Covid booster shot this year. Also check with your doctor to see if you should be getting any other shots (pneumonia, shingles etc.). Better safe than sorry!

NEW-- Walking Assessment Open to All

As the colder weather approaches, many of you are thinking about ways to stay fit during the winter. We are still working on developing an independent walking program along with exploring other exercise opportunities with our community partners.

One partner, Encompass Health Rehabilitation Hospital of Erie is offering a new service. If you are interested in participating in an independently led community walking group, Encompass will perform a screening at the hospital to match participants into groups of similar function. This will help you find a walking partner with similar goals and abilities so you can be matched up more easily. If interested, please call Ryan Chambers at Encompass Health at (814) 878-1201, leave your name and phone number and you will be contacted once dates and times of the screening are determined.

If there is enough interest, we will hold a Walking Meet and Greet Kickoff to help with introductions and to celebrate everyone's commitment to exercise. HINT: exercise is the one thing we know that can help slow PD's progression. Let us help you kick off a new commitment to moving and also connect you to others in the PD community. Thank you, Encompass Health, for your continued commitment and support of the PD community! We are so grateful!



"If Plan 'A' Didn't Work, The Alphabet Has 25 More Letters"

Author Unknown

A Workshop for PD Carepartners

PD has no plan, so how do we prepare for the unexpected? Caregiving can get messy and complicated. Gain some insight, tools, resources and support for your PD caregiver journey.

Join us on **Monday, November 13th from 1:00-3:00 PM** at Springhill Retirement Community, 2323 Edinboro Road. All carepartners are welcome. There is no charge for this workshop. **Reservations are required.** Call 814-899-3030 or email: info@parkinsonpartners.org to hold your spot.

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

October

1—David Montgomery
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 3, 2023

7-11 PM



Committed to the Creation of Exquisite 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

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.

THANK YOU, Randy Faipler Memorial Foundation

Thank you so much to the Randy Faipler Foundation, the Faipler family, the volunteers and those that supported their September fundraiser. Parkinson Partners was the beneficiary of the proceeds of this fantastic night, receiving \$4,500. These funds will help us continue to provide programs, support and services to the PD community.



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Erie, PA 16514

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, October 18th and November 1st and 15th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, October 26th at 1:30 PM.** Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHgxbXhnRS9GTGpKdlpTeURHSjJJdz09>

IN-PERSON MEETINGS:

- **Wegman's PD Support Group** will resume on **October 10th and November 14th at 6:00 PM** at Springhill Retirement Community, 2323 Edinboro Road (Community Room). You are welcome to bring take out if you'd like to have dinner as a group. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at **Wegman's Café, 6143 Peach St. on October 23rd at 11:30 AM.**