

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:

Parkinson's Foundation Grant 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.

Parkinson's Foundation Awards Grants in 35 States for Parkinson's Community Programs: Parkinson Partners Awarded \$11,000 for the Erie PD Purposeful Movement and Wellness Program

The Parkinson's Foundation recently announced the recipients of \$1 million in community grants for Parkinson's disease (PD) programs across the U.S. The Foundation invests in community programs that make an impact in local communities and help people live better with PD by providing support for unmet health, wellness, and educational needs. Parkinson Partners was awarded \$11,000 for our Purposeful Movement and Wellness Program.

“Community-based grants can empower leaders of meaningful Parkinson's programs who both understand and are equipped to handle the local community's most pressing needs,” said Parkinson's Foundation President and CEO John L. Lehr. “These investments reflect the Foundation's continued commitment to making a difference in the lives of people with PD from all walks of life.”


Community grants range from a minimum of \$10,000 to a maximum of \$25,000 per recipient. The 2023 grant cycle focuses on programs that educate and deliver exercise specifically designed for people with PD, reach those who are PD care partners, and address the intersection of mental health and PD.


“Parkinson Partners is grateful to the Parkinson's Foundation for their support of our wellness program which serves the regional PD community”, said Parkinson Partners Executive Director Lynne Gotham. “Grants like this one are important because they help small nonprofits like ours, provide affordable, high-quality Parkinson's specific programming to those who need it. We are so pleased to add the Parkinson Foundation as a community partner joining Gannon University and the Salvation Army.”

The Erie PD Purposeful Movement and Wellness Program was created 13 years ago and provides wellness classes 3 times a year for the PD community. Gannon University Physical and Occupational Therapy professors provide the content and supervise while PT and OT students provide one-on-one assistance to the participants which allows for the more individualized attention and safety. Classes are held at the Salvation Army Center on Liberty Street.

Since 2011, the Foundation has invested more than \$10.4 million in 787 community-based programs. To see the full list of the 2023 community grant recipients, visit Parkinson.org/CommunityGrants.

News and Notes

 **Cookies Needed for September 23rd Fundraiser:** If you can donate cookies for the Faipler Fundraiser, please let us know. We'd appreciate your help.

 **Newsletter Mailing:** Parkinson Partners sends out a paper newsletter 10 times per year and also mails a special edition for Erie Gives. These newsletters provide news and updates for the PD community. It is rare for an organization to continue to send monthly paper newsletters but we know how many of you rely on this type of communication and may not have access to a computer or smart phone. That said, it is important to understand that with the number of activities we host, that sometimes dates are set after a newsletter has been mailed or sometimes to due the turnaround time, for processing, printing and mailing the newsletter, some items may have passed before you receive the newsletter in your mailbox. Once the newsletter is sent to the printer, Parkinson Partners no longer has control of the process. We work with a fabulous printer but we are not their only client. We also have no control over the time it takes for the post office to process and deliver the newsletter, especially now that it is sent to Pittsburgh first. We appreciate that it maybe be frustrating that sometimes it gets to you later. We are doing our best to include dates as early as possible. I encourage those of you who have the Internet to sign up for our email updates and also to look at our website calendar regularly. I email regularly so you will be in the loop regarding upcoming events.

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/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://pfpwa.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

September

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

October

1—David Montgomery
6—Howie Heintz
7—Debbie Fleming
8--Nancy Eichelsdorfer

11—Patty Cooney
16 – Ed Jares
25—Adele Jones, Sue Yarnell
26—Debbie Goodwin
27—Tim Kirkpatrick
28—John Needham
29—Karen DiNunzio
31—Dave & Nancy Brown Anniv.

**WE HAVE TICKETS!
CALL US FOR MORE
INFO
814-899-3030 OR
CHECK OUT OUR
FACEBOOK PAGE**

**SEPT
23
2023**

Thank you for your support!

**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

Call 814-899-3030
for tickets.

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
or call (814) 899-3030



**Parkinson Partners of
NW PA, Inc.**

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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, ERIE GIVES DONORS

Thank you so much to everyone who donated as part of Erie Gives 2023. Through those donations and the prorated match, Parkinson Partners received a check from the Erie Community Foundation for **\$14045.19!** These funds will support our PD Respite Care Program, Purposeful Movement and Wellness Program, along with other outreach and services. Your gift during Erie Gives or anytime, makes those programs possible.

Thank you...we are so grateful!



**Parkinson Partners of NW PA, Inc.
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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, September 20th and October 11th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, September 28th and 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 **Tuesday September.12th and October 10th 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 **Wegman's Café, 6143 Peach St. on Monday, Sept. 25th and Oct. 23rd at 11:30 AM.**