

# Parkinson Press

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

## Winter/Spring 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 Occupational and Physical Therapists and Gannon University OT, PT and other health care 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 Winter Session runs Tuesdays, January 23rd-March 26th (off February 27<sup>th</sup> for Gannon Spring Break) from 2:30-4:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Cost is \$80. You must submit an application and provide a signed medical release from your neurologist in order to participate. Applications can be downloaded from our website: [www.parkinsonpartners.org](http://www.parkinsonpartners.org). If you have questions or need an application mailed feel free to call our office at 814-899-3030.

## 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!

**"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.*

## News and Notes

### 🎵 Note About the Newsletter:

Just a reminder that the newsletter is delivered several different ways: via email, on Facebook, via the website and by US mail. US mail takes the longest when considering printing and mailing times. Sometimes deadline/dates will have passed by the time some people receive the newsletter. I try to provide dates in at least two newsletters so you can add events to your calendar. I encourage you to also sign up for our email alerts for updates, especially weather-related cancelations, and more timely updates.

### 🎵 Rock 'n Country Dance:

A huge thank you to everyone who supported the Rock 'n Country Dance in November. Over 200 people joined us at Concourse of Union Station for a night filled with delicious food and beer, great music, an awesome silent auction and a fun night out for all! Thank you to everyone who attended and supported the event with ads and donations. Thanks also to our Gannon and Penn West University student volunteers and our committee members. A very special thank you to our incredible sponsors:

**Millennium Sound;  
Concourse of Union Station;  
The Brewerie; Hamot Health Foundation; iHeart Radio;  
Birkmire Trucking Company;  
Encompass Health; PSB Industries; St. Francis Ushers Club; Jim Brozell Construction; Boston Scientific; Steadman Law Office; North Shore Insurance Agency; The Pier Cottage Rentals; Mad Dad Garage; New Motors**

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

### November

1—Suzanne Scheuer-Leone  
19 -- Carolyn Baxter

### December

2—Rita Jandt  
3—Ronald Roscinski  
14—Bob Southard  
15 – Pat Weidner



# Message from the Board President of Parkinson Partners

As we close 2023, I wish to thank all who have supported Parkinson Partners of Northwest PA over the past 30 years! **Who are we?** Parkinson Partners is a 501c3 Non-profit organization with a history that started in 1992 in the living room of a few ambitious persons that saw a need to provide education, support, care and compassion for Persons with Parkinson Disease.

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 grant and were fortunate to have funding from the American Parkinson Disease Foundation for a short time. We established the Parkinson Care Fund at Hamot Health Foundation to hold and manage funds that we were able to receive from a few very 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 of 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 would be unable to provide these beneficial services.**

Examples include:

- **Information and Referral Phone line:** Providing consultation, information and referrals to community resources.
- **Participation in a Parkinson Clinic at Northshore Neurosciences** to support PwPD who attend appointments with their neurology team
- **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

**Who do we serve?** Remarkably, Parkinson Partners of Northwest PA is the only nonprofit serving those with Parkinson's disease in the Northwest PA, East Ohio and Western New York region!

**Where are we now?** As we move into 2024, it is important to share that the larger financial resources that we depended upon through our established Parkinson Care Fund have depleted. Other prior resources are not able to provide funds as they have in the past. 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.

For those of you have supported us over the many years, again THANK YOU! We invite all of you to join us with your financial gift, supporting our important work for those with PD and their families. 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

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

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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.



**Parkinson Partners of NW PA, Inc.  
PO Box 10547  
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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**

See our December meeting schedule adjusted for the holidays. Remember: all events are also listed on our Events Calendar on our website including live links to Zoom meetings. **Make sure to sign up for our emails so you are alerted to any last-minute weather cancelations.**

### **ZOOM MEETINGS:**

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesday, December 13th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>

### **IN-PERSON MEETINGS:**

- **Evening PD Support Group** will be held on **Tuesday, December 5<sup>th</sup> at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room).** We will have a Christmas party that night. Feel free to bring a dish or snack to share along with your own beverage. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at **Wegman's Café, 6143 Peach St. on Monday, December 4<sup>th</sup> at 11:30 AM.**