

# Parkinson Press

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

## New Year's Tips for Living Well with PD

by [Lori DePorter](#) | Originally published January 6, 2022: [www.parkinsonnewstoday.com](http://www.parkinsonnewstoday.com)

After a Parkinson's diagnosis, life can become a stream of "what ifs" and "I can't's." While it's true that life changes with the disease, there are still many things we can do, including exercising, practicing mindfulness, and eating a healthy diet.

Many ring in the new year by promising to exercise more and eat a healthy diet. It may sound cliché, but for those of us with Parkinson's, a healthy lifestyle can improve our quality of life and help us manage symptoms and slow progression.

If you have Parkinson's, I've compiled a list of activities that you may find helpful. Remember, before starting an exercise plan or changing your diet, make sure to consult with your medical team. Keep your goals simple and attainable. Tackle one thing at a time. Be patient with yourself. Include your family — a healthy lifestyle is for everyone!

**Exercise:** Do something for your health every day. Simple activities and one-minute meditations are a great way to start. There are exercises for all abilities and fitness levels, from chair exercises to high-intensity interval training.

Physical activities might include taking a walk or tossing a ball from one hand to the other while standing or sitting. Try adding cognitive exercises to your daily regimen. For instance, toss the ball and spell your name.

You can also add resistance training with very light weights or bands. Water bottles or cans of soup can serve as dumbbells. A dish towel pulled tight between your hands can be used as well. Be creative.

A few things to keep in mind: Choose something appropriate for your fitness level that you enjoy and try new activities. If you can exercise with friends, a spouse, or other people with Parkinson's, they can hold you accountable and help you stick with it. That's a win for everyone!

**Mindfulness:** Researchers are discovering that mindfulness is helpful in managing Parkinson's. It can relieve stress and anxiety and improve your mood. Some useful tools are apps, books, soft music, and breathing techniques.

**Healthy eating:** Drinking enough water to stay hydrated and maintaining a well-balanced diet can be challenging. Finding ways to simplify cooking can make this easier and less stressful.

Start with a few simple recipes that contain few ingredients but are packed with vitamins. Use precut meats and vegetables as a shortcut. Try new things and mix them up. Hard-boiled eggs or smoothies can make for a healthy meal at any point during the day. It's breakfast for dinner!

Another option is meal delivery services, which conveniently send you the ingredients for several meals. You can tailor the meals to your diet and choose how many you want.

Keep it simple, and you can be successful. It is possible to pursue a healthy lifestyle with Parkinson's.

(Editor's Note: If you're reading this article online, you can click on the underlined words for links to other articles.)

**"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



🎵 **Meeting Cancellations:** Now that winter is upon us, there is always the possibility that we will need to cancel a meeting due to weather. If we need to cancel, an email will be sent out alerting the community to the change. If you are not signed up for our email alerts, sign up today:

<https://www.parkinsonpartners.org/home-2/contact-us/> We will also post the information on our Facebook page. If in doubt, you are always welcome to call the office at 814-899-3030.

🎵 **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 cancellations, and more timely updates.

🎵 Don't forget about the **Mead Transportation Grants** which provide a \$100 gift certificate to Hansen's Errand Service to help with transportation or errand service needs. For more information or to request and application call or email our office. If you have received a grant in the past and are interested in applying for another one, please reach out to our office.

## 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/l8piybERaxA>
- 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)

### January

1—Robin Caravaglia,  
Dave Yarnell  
7—Paul & Debbie  
Goodwin Anniv.  
7—Sandra Barron  
9—Mary Kirkpatrick  
15—Bill Mason  
25—Patricia Hall  
31—Dave Cooney



# Volunteers Needed

Share your life experience and help  
student physical therapists

**Student physical and occupational therapists from Gannon University are eager to learn from your personal experience with Parkinson's, Multiple Sclerosis, Brain Injury, Stroke, or other similar condition.**

**What:** **Under faculty supervision**, you will help teach students about your life experiences living with a neurological condition. Students will practice physical and occupational therapy examination and treatment techniques during sessions on the Gannon campus.

**How:** Participate in three sessions offered Friday morning and afternoon. Support person welcome but not required. Volunteers must be able to attend all three am or pm sessions.

**When:** Fridays: morning OR afternoon

**Dates:** late January—mid April

**Call or email for more information:**

Beth Gustafson

Phone: (814) 871-7709

Email: [gustafso006@gannon.edu](mailto:gustafso006@gannon.edu)

Scan me or  
use contact in-  
formation  
provided if  
interested!



## NEW-- Walking Assessment Open to All

### 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.

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!

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

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, January 24th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting** on **Thursday, January 25<sup>th</sup> at 1:30 PM.** Join Zoom Meeting: <https://us06web.zoom.us/j/96391675305>

### IN-PERSON MEETINGS:

- **Evening PD Support Group** will be held on **Tuesday, February 13th at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room).** We will have a soup supper so please RSVP so we can plan. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at **Wegman's Café, 6143 Peach St. on Monday, January 22nd at 11:30 AM.**