

March 2024

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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.***

April is Parkinson’s Awareness Month

Every 6 minutes someone in the United States is diagnosed with Parkinson's disease, which is the second most common age-related neurodegenerative disorder after Alzheimer's disease, with over 1 million people in the US and over 10 million in the world diagnosed. This is more than those affected by multiple sclerosis (MS), muscular dystrophy (MD), and amyotrophic lateral sclerosis (ALS) combined. One out of every 100 people over the age of 60 has PD, though it can strike at any age. Currently there is no cure.

As we kick off April as Parkinson’s Awareness Month, you may hear some organizations say they are celebrating and you may wonder, is celebrate the right word? Why would we celebrate Parkinson’s disease? I understand that question. This is not only my job but Parkinson’s disease has personally touched my family since my dad had PD. So, we don’t celebrate this disease which has impacted the lives of so many people. But...

We celebrate the courage, strength and grace that those with the PD and their families muster to face the challenges each day brings.

We celebrate the fact that organizations like Parkinson Partners can bring people together so they know they are not alone and empower them to live well with PD.

We celebrate the dedicated medical professionals that work tirelessly caring for those with PD and those who are working to find the cause and cure.

We celebrate Pop Luck, the Cooney Family and others who give of their time and talents to help raise necessary funds for Parkinson Partners to continue in our mission of providing resources, services and hope to those with PD.

We celebrate community partners such as Gannon University, the Salvation Army, Encompass Health, UPMC Hamot, AHN St. Vincent, Springhill, PennWest Edinboro and more who support a small organization with big dreams who wanted to bring exercise, support groups, education and services to those with PD and their families here in Erie.

We celebrate YOU! We are glad you found your way to Parkinson Partners. Know that whether you come to meetings, classes, educational events, fundraisers or just interact with Parkinson Partners through the newsletter, website or Facebook page, you are a part of the regional PD community. **You are not alone!**

It’s been over 200 years since Dr. James Parkinson recognized PD in his published paper, “Essay on the Shaking Palsy.” His birthday is April 11th and is the reason PD Month is in April and also that April 11th is World Parkinson’s Day. The month of April also is the anniversary of the founding of Parkinson Partners of NW PA, 32 years ago!


At Parkinson Partners, we do not “celebrate” Parkinson’s disease. We know that PD coming into our lives is not something to be happy about. But we do celebrate the fact that we can come together as a community to support each other and find strength, knowing we are not alone on this journey.


We stand TOGETHER as we face the challenges PD brings...and that is worth celebrating!

Written by Lynne Gotham, Executive Director

News and Notes

 **SAVE THE DATE:** The Dave Cooney Parkinson's Awareness Walk will take place on Saturday, June 22nd at 10:00 AM at Our Lady of Mercy Church in Harborcreek. We need your support to make this event a success once again! In 2022, this important fundraiser raised over \$30,000, with all proceeds staying local to support the regional PD community. Stay tuned for more information! If you know of a business that might want to be a sponsor, let us know so we can reach out. Many thanks to the Cooney family for their continued support!

 **Cooney Walk Planning Meeting:** Are you interested in helping with the Walk? We will hold an informational meeting on **Tuesday, April 9th at 5:00 PM in the Community Room at Springhill Retirement Community, 2323 Edinboro Road.** We will discuss the many ways that you can help. If you'd like to volunteer but are unable to attend the meeting, please let us know by contacting the Parkinson Partners' office.

 **A Matter of Balance:** Learn to manage concerns around falling and overcoming the fear of falling at the Eastside YMCA. During this 8-week course, you will work as a group to overcome the mental and physical fears of falling. The class incorporates exercises for strength and flexibility to improve your balance. As well as an at personal survey for fall hazards in your home and other surroundings. For more information about upcoming sessions visit www.ymcaerie.org or call 814-899-9622.

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/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://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

March

2—Dave Barron
4—Mike DiNunzio
20—Carolyn Bard
23—Phil & Denise Wahler Anniv.
25—Chuck Leone
31—Lynne Gotham

April

2--Dave Brown
7—Denise Wahler
10—Audree Parr (90!!)
13—Gene Humaney (80!!)
19—Paul Jewell
20—Tim & Mary Kirkpatrick Anniv.
28--Nancy Brown

PD AWARENESS MONTH EDUCATIONAL OPPORTUNITIES

WEDNESDAY, APRIL 3, 2024

PD Resources Talk

Join Parkinson Partners' Executive Director Lynne Gotham at 10:00 AM at the Eastside YMCA, 2101 Nagle Road, for a presentation about local resources and services for those with PD in the Erie Region. You can also learn more about our new In-person PD Support Group that will start in May. This talk is open to all.

FRIDAY, APRIL 19, 2024

PD and Changing Roles Webinar

Join us for a Zoom webinar starting at 12:30 PM featuring Nykole M. Gonzalez, PsyD, Clinical Psychologist with Northshore Psychological Associates who will be talking about coping with changing roles for those with PD, spouses and family. You must register to attend. The webinar will be recorded and the recording will automatically be sent out to those who registered, so please register even if you aren't able to attend the webinar live. Parkinson Partners will also post the recording on our website. Register at www.ParkinsonPartners.org

WEDNESDAY, APRIL 24, 2024

PD: Lunch & Learn

Encompass Health Rehabilitation Hospital, 143 East 2nd Street will host a Lunch & Learn from 10:00 AM-2:00 PM. UPMC Hamot Neurologist Kaitlyn Blackburn, DO will provide guidance and tips on how to prepare for a hospital stay when you have PD. Also hear from PT, OT, speech therapy and more on how to stay active and well. You must register for this free event. Space is limited. Lunch will be provided.

Lunch choices are: Chicken Salad Croissant, Combo Sub or Veggie Wrap. Call 814-878-1201 to reserve your spot. Please be ready to provide the lunch choice for you and your guest and any dietary issues when you call.

www.ParkinsonPartners.org --- 814-899-3030



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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.

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CALLING ALL POPCORN LOVERS!

POPLUCK FUNDRAISER

Join us at PopLuck for "Food for Thought"
Parkinson's Awareness Month Popcorn
(Vanilla popcorn with peanut butter filled pretzels
and a chocolate and peanut butter drizzle).
Parkinson Partners will receive a portion of every
sale. Show this flyer or mention Parkinson Partners
when you order. Thank you!

**THURSDAY, APRIL 11TH
11 AM TO 8 PM
1535 WEST 8TH STREET**



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

See our upcoming meeting schedule. 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, April 3rd and 17th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting** on **Thursday, March 28th and April 25th 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, April 9th at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room).** We will have a pot luck supper so please RSVP. Bring a dish to share and your own drink if you plan to join us for supper. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for conversation at 11:30 AM at **Wegman's Café, 6143 Peach St. on Monday, March 25th and Monday, April 29th at Sara's on Presque Isle.**