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Parkinson Partners of NW PA, Inc. (814) 899-3030 www.parkinsonpartners.org

Summer PD Wellness Class Coming Soon

The Summer session of our Purposeful Movement and Wellness Classes will start up again **Tuesday, May 21st** and will run for **6 weeks on Tuesdays from 10:00-11:30 AM** at the Salvation Army Senior Center at the corner of West 11th and Liberty Streets. Cost is \$80. Class will be limited to 15 participants for the summer session. Spots in the class will be considered full when all of the paperwork and fees are submitted.

This session will feature a wide variety of exercise and activities, geared towards the needs of those with PD. There will also be an emphasis on walking, balance activities, cardio fitness (including class favorite, boxing) and strength building. Each participant will be partnered with students from Gannon University's Occupational or Physical Therapy Programs. The students provide additional safety and personalized instruction. They can also help modify the group exercises for your specific needs, under the supervision of Physical Therapists Courtney Roca and Tom Hudson.

The classes provide a great opportunity to exercise and to meet others in the PD community. Spouses and family members who accompany participants are welcome to stay and watch the class or relax in the lounge. They are also free to run errands or join other spouses/caregivers who go out for coffee or take a walk during the classes.

The wellness program application can also be downloaded from our website www.parkinsonpartners.org (under Programs) or you can call 814-899-3030 or email Lynne at info@parkinsonpartners.org for an application. Everyone must have a current medical release, signed by their neurologist in order to participate. Local neurology offices have copies of the form so you should be able to just call the medical office and request that the office fax the signed release to Parkinson Partners.

This program is supported by a community grant from the Parkinson's Foundation.

"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

🎵 **COONEY WALK: 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. A registration form is on Page 3 of this newsletter. It can also be found online at our website: <https://www.parkinsonpartners.org/cooneywalk/> **Register by June 3rd in order to guarantee a t-shirt.** 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!

🎵 **NEW DAYTIME SUPPORT GROUP STARTS WEDNESDAY, MAY 1st:** Join us for a new daytime PD support group on **Wednesday, May 1st at 1:00 PM at the Eastside YMCA, 2101 Nagle Road.** This will be a mixed group so those with PD and their spouses/families/friends are all welcome. Also, those with Parkinsonism are also encouraged to attend. We hope to incorporate some exercise into the meeting because we know how important that is for everyone in the PD community. For more information about the upcoming meeting call Parkinson Partners at 814-899-3030 or the YMCA at 814-899-9622.

🎵 Our sympathy to the families of Maureen Donnelly and Doug Brace who both recently passed away.

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

April
2--Dave Brown
7 – Denise Wahler
10 – Audree Parr
13—Gene Humaney
19—Paul Jewell
20—Tim & Mary Kirkpatrick Anniv.
28--Nancy Brown

May
16--Linda Sensor



The Dave Cooney Parkinson Awareness Walk
Benefits Parkinson Partners of Northwest Pennsylvania
Saturday, June 22, 2024
Our Lady of Mercy Church, 837 Bartlett Road, Harborcreek
Walk begins at 10:00 AM

REGISTRATION: Please fill out the information below or register online at: www.parkinsonpartners.org

- \$20.00 registration, includes t-shirt--**After June 3, 2024 shirts not guaranteed**
- Kids under 12 FREE to walk and youth shirts available at \$8.00 each (**Youth t-shirts must be ordered by June 3, 2024**)
- T-shirt pick-up and registration begins June 22, 2024- 9:00 AM at Our Lady of Mercy Church

COURSE:

- 3-mile or 1-mile walk starting and ending at the Church grounds following Dutton and Highmeyer Roads. **Please note that the roads will NOT be closed for the walk so please walk only on the Right-Hand side of the road both going out and coming back. We need to keep a lane open for emergency vehicles and residents. Your cooperation is greatly appreciated.**
- This is NOT a timed event, so feel free to walk as far as you are able
- WALK TO BE HELD RAIN OR SHINE
- Pets are welcome but MUST be on a leash and kept outside.
- Water and fruit available during the walk

QUESTIONS:

Patty Cooney: (814) 864-8507

dpcooney3318@gmail.com

Parkinson Partners: (814) 899-3030

info@parkinsonpartners.org

DETACH HERE

ONE FORM PER PARTICIPANT PLEASE

Make Checks Payable to: **Parkinson Partners of NWPA--MEMO: Dave Cooney Parkinson Awareness Walk**

Mail to: **Parkinson Partners of NW PA, PO Box 10547 Erie, PA 16514**

Register online at: www.parkinsonpartners.org

NAME: _____ EMAIL: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____ AGE: _____

Adult Shirt Size (Circle one): S M L XL XXL

Youth Shirt Size (Circle one): S (6-8) M (10-12) L (14-16)

In consideration of the acceptance of this entry, I waiver, my heirs and assigns any/all claims for damages which may arise against all organizations and individuals connected with this walk, as a result of any injuries which may be incurred during or from the walk. All fees are non-refundable.

Signature: _____

Signature of Parent/Guardian if under 18: _____

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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.



Your gift to Parkinson Partners helps us continue to provide needed services, programs and support for the Erie regional PD community.

Go to: <https://www.parkinsonpartners.org/donate/>

We are so grateful for your support!

**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

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, May 15th. No May 1st meeting.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting** on **Thursday April 25th and May 23rd 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, May 14th at 6:00 PM** at **Springhill Retirement Community, 2323 Edinboro Road (Community Room).** We will have a pizza party so please bring a few bucks to contribute towards the pizza and/or a snack or dish to share and your own drink.
- **Care Partner Only Lunch:** Join other Care Partners for conversation on **Monday, May 20th at 11:30 AM** at Sara's on Presque Isle.
- **Eastside YMCA PD Support Group:** Join us at the **Eastside YMCA, 2101 Nagle Road** on **Wednesday, May 1st at 1:00 PM** for our first meeting. All are welcome!