

**“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.*

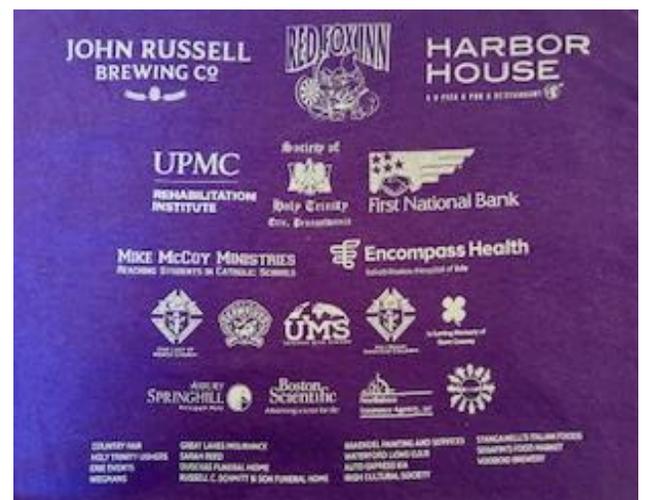
## Mattis PD Awareness Walk Held May 31st

On behalf of myself and the board of directors of Parkinson Partners, we send out a huge thank you to everyone who participated and donated towards the Patti Mattis Memorial Parkinson Awareness Walk! We are so grateful for the outpouring of support. We are still counting the donations and paying the bills but we know we’ve exceeded our expectations. Please know that all funds stay right here in Northwestern PA to provide local PD services, support and programming for the regional PD community! We couldn’t do this without your help and that of Mattis Family.

Sadly, Joe Mattis, passed away the day before the walk. We were so sad to have lost Joe, especially so close to the walk he worked so hard on. But we know he was looking down, with his dear Patti by his side, as it all come together. Joe’s family and friends along with the PD community rallied those last few weeks while Joe was in hospice and we are so grateful for everyone’s support! Joe was a very dedicated and loving husband, father, grandfather, brother and friend. Joe was very well known in the Erie community thanks to his job in the sports department at the Erie Times News, his coaching of the women’s golf team and endless support of activities at Gannon, his devotion to Holy Rosary parish and was a friend to many. He was also an active and supportive friend of the PD community. He will be missed by so many!

We also want to send special thanks to our generous sponsors! Please make sure to support these businesses as they have supported us!

*In loving memory of  
Joe & Patti Mattis*



## News and Notes

🎵 **Summer Schedules:** Please pay attention to the support group meeting schedules listed on Page 4. Because summer is a very busy time, several of the groups decided not to meet in July or August.

🎵 **Lynne's Vacation:** I will be out of the office the week of June 30<sup>th</sup> and into the week of July 7<sup>th</sup> because my daughter is getting married on July 5<sup>th</sup>. I will answer all emails and calls when I get back.

🎵 **Summer Picnic:** We will hold our annual summer picnic on Monday, August 18<sup>th</sup> at 6:00 PM at Shades Beach Park in Harborcreek. More info on Page 4. All are welcome!

🎵 **Rock 'n Country Dance Auction Chair Needed:** we need a volunteer to chair the auction committee for the Dance which will be held on Friday, November 7<sup>th</sup>. Can you help us out? Maybe you and a friend could share the role. If you are interested or have questions, please reach out. We are also looking for committee members as well. We will hold a meeting at the Summer Picnic on August 18<sup>th</sup>. Questions? Reach out and I'll be happy to help. Thank you for your consideration!

🎵 **Fall PD Seminar:** our annual Fall Seminar will be held on Saturday, September 27<sup>th</sup> at 9:30 AM at Springhill. Movement Disorder Neurologists, Dimitri Nacopoulos, MD from UPMC Hamot and Timothy Leichter, MD from Allegheny Health Network will both be speaking. More information is coming, so stay tuned.

## Best Wishes for those with Special Celebrations

Happy Birthday and Happy Anniversary!

To have your birthday or anniversary added to our list call 814-899-3030 or email: [info@ParkinsonPartners.org](mailto:info@ParkinsonPartners.org)

### June

15—Peggy Trichel  
29—Deborah Hikel

18—Paul Hikel  
20—Bob & Linda  
Sensor Anniv.

### July

1—Carl Asbury  
8—Marge Montgomery  
16—Carl & Sally  
Asbury Anniv.



## Save the Date: Erie Gives 2025 Tuesday, August 12th



## JOIN OUR DAY OF GIVING!

Support us and give back on August 12, Midnight to Midnight!

For more information, go to [eriegives.org](http://eriegives.org)



## Make Plans to Have a Great Vacation: Traveling with Parkinson's Disease

*By Melinda Douglas, nurse practitioner and freelance health writer*

Whether you want to travel locally or internationally, following these simple suggestions can help you to travel safely, be as comfortable as possible, and have a great time with family and friends. Many families have found taking small local trips can build confidence for an individual living with Parkinson's Disease (PD) but it can also reassure caregivers that the trip will be enjoyable and not overwhelming. "Cassandra Brooklyn states, "Small trips may include lunch with friends, attending a concert in the park, or visiting a local zoo. You will be able to identify the level of comfort using a walker or wheelchair, using public bathrooms and navigating the uneven rock, grass and wood-chipped terrain in outdoor spaces." This can establish comfort levels before going on a longer trip. Plan some restful time and pace yourself. Consider purchasing travel insurance in case you need to cancel.

Medications will continue to work in hot or cold weather but remember to stay hydrated. If you are traveling to different time zones set alarms as reminders to take medications as your regular times. Keep all medications in bottles and have extra doses on hand if the trip is extended or delays occur. Have a note from the doctor listing all your medications, along with the dose and timing of medications. This will be especially useful if traveling overseas and going through customs. If flying, keep medications in your personal bag. Have a backup kit in your checked baggage.

Notify the airline in advance you will need assistance. You can inquire about early boarding, seating arrangements near exits and order your wheelchair. "Carry-on luggage limits do not apply to medical supplies, equipment and mobility aides." If you have a Deep Brain Stimulator (DBS) some additional planning can offer peace of mind during your travels. Make sure to pack your charger and programmer. Ask your doctor for a phone number for a DBS specialist at the travel destination in case you need help. Have insurance information up to date in case you need medical care on your trip. Be ready to show your DBS patient ID card if requested by security. It is suggested to apply for TSA prescreening ahead of your flight. Security equipment may turn off the DBS so it is not advised to go through a metal detector but instead ask for a public screening or pat down. After leaving the security area, check to make sure the stimulator is turned on.

Fatigue or sleeping issues may worsen during your travels especially in changing time zones. Try not to plan activities the day you arrive at your destination. "Unfortunately, there's no way to predict how Parkinson's will react to travel." Because weather extremes can impact PD, stiffness and pain may increase and it could be difficult to regulate body temperature. Make opportunities to stay active indoors during weather extremes. Each individual is unique so try to plan travel during times of the year when symptoms are less severe. When you reach your destination, search out local PD support groups so you can have the opportunity to make lasting connections. "Don't let the unpredictability of Parkinson's stop you from attending important events, visiting family members and having fun." Most important of all, enjoy yourself and don't worry. Planning ahead can give everyone peace of mind so you have an enjoyable vacation.

***Editor's Note: Melinda Douglas, the article author, reached out to Parkinson Partners and volunteered to write some articles for our newsletter. We are so grateful to her for sharing her time and talents with us. If you have story ideas for Melinda, please let us know.***

References: Cassandra Brooklyn, USA TODAY. *From local adventures to a family road trip: Here's how we tested my mom's travel needs.* April 7, 2022; Kate Kelsall, MSW, Brain Health Community. *Traveling Tips for Long Road Trips with PD – Shake, Rattle and Roll.* June 9, 2017; Michael J. Fox Foundation. *Tips on Traveling with Parkinson's Disease.* June 30, 2014; Jamie Askari. *Parkinson's News Today, A Bionews Brand. Traveling with Parkinson's disease is predictably unpredictable.* May 9, 2023.

## 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 SUMMER PICNIC

Monday, August 18th at 6:00 PM at Shades Beach Park,  
7000 East Lake Road in Harborcreek

Hot dogs, tableware and water provided. Bring your own drink and dish to share. Please RSVP by 8/15/25 to 814-899-3030 or info@parkinsonpartners.org



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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

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 changes.**

### ZOOM MEETINGS:

- Parkinson Partners Support Group Meeting on Wednesdays, August 13<sup>th</sup>—July meeting is canceled (2<sup>nd</sup> Wed. of the month) at 1:00 PM. Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- Caregiver Only Zoom Meeting on Thursdays, June 26<sup>th</sup> and July 24<sup>th</sup> (4<sup>th</sup> Thurs. of the month) at 1:30 PM. Join Zoom Meeting: <https://us06web.zoom.us/j/96391675305>

### IN-PERSON MEETINGS:

- Eastside YMCA PD Support Group: Wed., July 2<sup>nd</sup> and August 6<sup>th</sup> (1<sup>st</sup> Wed. of the month) at 1:00 PM at Eastside YMCA, 2101 Nagle Road. All are welcome!
- Care Partner Only Lunch: Monday, July 28<sup>th</sup> (4<sup>th</sup> Mon. of the month) at 11:30 AM at Sara's on Presque Isle.
- Evening PD Support Group: This group is off for the summer. Meetings will resume in September.