

August 2025
Volume 10 Issue 7

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.

Inside This Issue:

1. Caregiver Corner
3. PD Wellness Classes—Sign up Now
4. Support Group Information

Please remember Parkinson Partners in your estate planning. Your gift can ensure that local services and support continue for the Erie PD community.

Annual Living Well with PD Seminar with Both In-Person and Virtual Viewing Options

LIVING WELL WITH PD SEMINAR

SATURDAY, SEPTEMBER 27, 2025
9:30 AM–12:30 PM
CHECK IN BEGINS AT 9:00 AM

SPRINGHILL SENIOR LIVING
2323 EDINBORO ROAD
ERIE, PA 16509



SPEAKERS:

TIMOTHY LEICHLITER, MD
MOVEMENT DISORDER NEUROLOGIST
ALLEGHENY HEALTH NETWORK

PRESENTING “REGROWING DOPAMINE CELLS IN PARKINSON’S: ARE WE THERE YET?”

DIMITRIOS A. NACOPOULOS, MD
MOVEMENT DISORDER NEUROLOGIST
UPMC HAMOT

PRESENTING “RE-WIRING THE BRAIN IN PARKINSON’S: ARE WE THERE YET?”

MARY KINGSTON, DPT, NEUROLOGIC PHYSICAL THERAPIST WITH ENCOMPASS HEALTH & LYNNE GOTHAM, EXECUTIVE DIRECTOR, PARKINSON PARTNERS OF NW PA

PRESENTING “ERIE’S NEW PD WALKING PROGRAM”

THE SEMINAR WILL ALSO BE BROADCAST LIVE.



SCAN THE QR CODE WITH YOUR PHONE’S CAMERA TO BE TAKEN TO THE REGISTRATION PAGE.



ATTENDANCE IS FREE FOR BOTH IN-PERSON AND LIVE VIRTUAL FORMATS.

REGISTER AT: WWW.PARKINSONPARTNERS.ORG,
CALL (814) 899-3030 OR SCAN THE QR CODE ABOVE

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 August.

🎵 **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 7th. 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. Questions? Reach out and I'll be happy to help. Thank you for your consideration!

🎵 **Board Members Needed:** Are you looking to get more involved in the PD community? We are in need of some new board members. As a nonprofit, we have a board of directors to provide oversight and governance. We are looking for those with an interest in helping the PD community. Prior board experience would be helpful but is not necessary. If you'd like to read the Board Director Job Description, it is available on our website. If interested, please fill out the Board Director Application which can also be downloaded from the website. Need a printed copy? We'll be happy to mail one to you. Applications can be mailed to: PO Box 10547 Erie, PA 16514 or emailed to: info@parkinsonpartners.org. Please call 814-899-3030 with any questions you may have. Thank you for your consideration of this important role.

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

August

5—Sally Asbury
19-- Bill Dyakon
21—Patricia Weiss

September

10 – Susie Wressell
27—Mary Heintz
30—Bob Sensor



Caregiver Corner: Tips and Techniques for Dealing with Stress

by Dr. Rita Nachen Gugel posted on www.caregiver.com

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling your life. Try a few of these tips.

1. **Accept what you cannot change.** Take a tip from AA. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it.
2. **Face up to your problems.** Sort them out, and see which ones are real and which are simply imagined. Deal with them as they are, and not what you think they are.
3. **Deal with one problem at a time.** Sort out your priorities, and deal with them in the order of their importance to you.
4. **Be flexible.** Give in once and a while. If you do, others will too.
5. **Don't hold all of your worries inside yourself—talk it out.** Frequently we swallow our unhappiness (along with candy, cake, ice cream, etc.) because we can't let the problems out. Talk to someone. A burden shared is much less of a burden.
6. **Work off Stress.** Physical outlets for stress help your body to fight off many of the negative results of stress.
7. **Get enough rest/relaxation/sleep.** Give your body a chance to recover from day to day. Lack of sleep and rest will only make matters worse for you.
8. **Avoid "self-medication."** A "spoonful of sugar" may make the "medicine go down," but it does your body no good. Sugar, alcohol, nicotine, and ice cream may all feel good going down, but they make matters worse— from the inside. They add to your body's physical stresses, thus making dealing with external stresses much harder.
9. **"Take time to smell the roses."** Have some fun. Relax.
10. **Think about and do something for others.** A little altruism never hurt. It even makes people feel better about themselves.
11. **Be the "captain of your ship."** If you are not happy with your life, think about what's wrong or missing, and then plan the necessary actions to change it to coincide with your needs and desires for your life.
12. **Work on your relationships with those who share your life.** Don't hold back your feelings. Share them with your family and friends and co- corks. It can help to decrease tensions.

PURPOSEFUL MOVEMENT & WELLNESS PROGRAM FOR THOSE WITH PD



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 Physical Therapists and Gannon University students will be available to assist and to provide added safety. Class size is limited, so sign up today!

This session runs Tuesdays, September 9th-November 4th (off October 7th for Gannon's Fall Break) from 2:30-4:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Fee is \$100. Call 814-899-3030 for more information or an application. Applications can also be downloaded from our website: www.parkinsonpartners.org



Covid Policy: "It is important that you understand the inherent risk of exposure to COVID-19 exists in any public place where people are present. According to the Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable. All attendees of Parkinson Partners of NW PA's in-person events and classes must agree to adhere to our guidelines and the guidelines of our community partners and voluntarily assume all risks related to exposure to COVID-19. We also encourage you to stay home if you are feeling unwell or if you have been exposed to Covid-19, the flu or any other virus."

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PHONE:
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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.



Thank you to everyone who donated to Erie Gives 2025! We had a tremendous response and were gifted with \$19,888 before the prorated match was added. In September, we will receive the official total with the match and any uncounted donations added. We will be sure to let you know the final total. We are humbled by your generosity and assure you that every penny stays here in the Erie region to support those with PD and their families. Thank you again!

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

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. Questions? Call or text 814-899-3030.**

ZOOM MEETINGS:

- **Parkinson Partners Support Group Meeting on Wednesdays, September 10th (2nd Wed. of the month) at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting on August 28th (4th 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., September 3rd (1st Wed. of the month) at 1:00 PM** at Eastside YMCA, 2101 Nagle Road. All are welcome!
- **Care Partner Only Lunch: Monday, August 5th (4th Mon. of the month) at 11:30 AM** at Sara's on Presque Isle.
- **Evening PD Support Group: Tuesday, September 9th at 6:00 PM** at Springhill, 2323 Edinboro Rd. Please bring a dish and drink if you'd like to join in on the potluck dinner.