

“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.

Rock 'n Country Dance: November 7, 2025

Please join us at the Rock 'n Country Dance on **Friday, November 7th from 7:00-11:00 PM at the Brewerie Concourse. Tickets are \$40 each or \$375 for a reserved table for 10.** Your ticket includes: the unlimited beer, pop and appetizers. A cash bar will also be available. Please see the flyer on Page 3 for more details.

Tickets can be purchased on our website: www.ParkinsonPartners.org. If you are uncomfortable purchasing tickets online, give us a call and we'll help you out. Know that we want you to come, relax and have fun so we will have some Gannon and PennWest Edinboro student volunteers available to help you get into the building, find a seat, assist with getting food etc., and to maybe even get you out on the dance floor. So please know this is a PD-friendly event!

Please share this information with your family and friends. Our Facebook page has the dance listed as an event we are sponsoring. Please share if you are active and "like" our posts. These actions help spread the word better on Facebook. This is our chance to put a face on PD and to raise some much-needed funds to support our efforts to help those with Parkinson's disease in the Erie region.

We are also looking for your help! If you know of anyone who would be willing to be an event sponsor or place an ad in the event program, please let us know. This is a great way for a business to advertise and show support. It is also a nice way to do a personal ad in honor or in memory of someone with PD. Our website has more details.

We are also looking for donations for our silent auction. Would you be willing to donate a basket, or an item that could be combined with others to form a basket? We'd like baskets to be valued at \$50 or more, but gift cards and items can be combined to create those baskets so all donations are welcome. We would also be happy to take old baskets off of your hands. Items can be dropped off at Encompass Rehabilitation Hospital, 143 E. 2nd St. or call us for a pick up. We appreciate your support and hope to see you at the Dance!

2025 Audree Parr Parkinson Champion Award

Congratulations to Susan Peters, Parkinson Partners Board President who was selected as the 2025 Audree Parr Parkinson Champion Award winner! Susan has been involved with Parkinson Partners since its beginning and has always worked hard to provide support to the organization and to the PD community. Susan has served as a board member and has at one time been president, vice president, secretary and treasurer of the organization. She has a true passion for serving others and a huge heart for helping those in need. We extend our congratulations and deep appreciation for her steadfast support and dedication to the PD community! Congratulations Susan!



News and Notes

🎵 **Seminar Recording:** Thank you to the speakers and sponsors of our annual seminar. We had a great turnout. Special thank you to Springhill for hosting us again this year. We are so fortunate to have this wonderful community partner! If you missed the seminar you can watch by clicking this link (the link is also available on our website.) No password needed.

<https://vimeo.com/1122976922/7b7350dbb6?ts.=6000&share=copy>

🎵 **Vacation:** I will be on vacation the week of October 13th and will be out of the office until October 20th. I will have limited access to email but I will return all calls and messages when I get back. Thank you! Lynne

🎵 **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



September

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

October

1—David Montgomery
2—Bill & Corrine Dyakon, Anniv.
6—Howie Heintz
7—Debbie Fleming
8---Nancy Eichelsdorfer

11—Patty Cooney
25—Adele Jones, Sue Yarnell
27—Tim Kirkpatrick
28—John Needham
29—Karen DiNunzio
31—Dave & Nancy Brown Anniv.

Caregiver Corner: Don't Get Mad, Get Funny

By [Leigh Anne Jasheway-Bryant, M.P.H](#) published on Caregiver.com

No matter how much we love them, caring for family members can be a very stressful job. And all that stress can take its toll on our health and make our role as family caregivers even more difficult.

One of the best ways to reduce stress and feel better about your caregiver role is to laugh. Laughter has been shown to improve both physical and emotional health and to help us feel renewed and rejuvenated.

Here are six simple ways to add more laughter to your life:

1. **Make funny friends.** People who make you laugh not only give you the gift of laughter, they also help teach you how to change your perspective on life and lighten up yourself.
2. **Read funny greeting cards** especially if you've had a really stressful day. Greeting cards are great because they deliver a laugh almost immediately and they represent a diversity of types of humor.
3. **Have five of your favorite funny movies saved** so you can watch them when you're feeling overwhelmed by stress. Consider funny movies to be part of your emergency first aid humor kit. If you can't think of your favorites offhand, check out the American Film Institute's list of [500 funniest movies](#) of all time.
4. **Wear a funny button** in public. Wearing a funny button communicates to everyone who sees you that you have a sense of humor and are open to hearing about their humorous experiences.
5. **Look for the funny.** Instead of focusing on life's miseries, try to find the laughter in everything that goes on around you. The majority of things we laugh at come from spontaneous situations that aren't meant to be funny. Think of it as looking at the world through a pair of Groucho glasses.
6. **Fake it.** Studies show that you don't have to feel like laughing to get the benefits! It's just like exercise; if you work out, you'll get fitter whether you feel like working out or not. If you fake laughter, chances are you'll soon feel like laughing for real.

FRIDAY, NOVEMBER 7, 2025

7-11 PM



ROCK 'n Country DANCE



Grand Concourse at The Brewerrie, 121 West 14th St.

PROCEEDS BENEFIT PARKINSON PARTNERS OF NW PA

Tickets: \$40 per person or \$375 for a table of 10

Available On-Line at ParkinsonPartners.org

Includes Beer, Soda and Appetizers

CASH BAR



For More Information, Call Parkinson Partners At 814-899-3030

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.



Thank you to everyone who supported Parkinson Partners through Erie Gives. Thanks to your donations, our total is \$20,585.64! This is the most we've ever raised during Erie Gives! Thank you! Your generosity helps us keep PD services, support and programs local. 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

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, November 12th (2nd Wed. of the month) at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting on October 23rd (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., November 5th (1st Wed. of the month) at 1:00 PM** at Eastside YMCA, 2101 Nagle Road. All are welcome!
- **Care Partner Only Lunch: Monday, October 27th (4th Mon. of the month) at 11:30 AM** at Sara's on Presque Isle.
- **Evening PD Support Group: Tuesday, November 11th at 6:00 PM** at Springhill, 2323 Edinboro Rd. Please bring a dish and drink if you'd like to join in on the pizza dinner.