

**“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 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 who work tirelessly, caring for those with PD and those who are working to find the cause and cure.

We celebrate Pop Luck, The Brewerie, Millennium Sound, Ambridge Rose, the Cooney Family, the Mattis family and the Parr 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 Senior Living, Eastside YMCA, PennWest Edinboro, Dafmark Dance, Asbury Woods 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, 34 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!

News and Notes

♪ **Save the Date—Cooney Walk:** the Dave Cooney Parkinson Awareness Walk will be held on Saturday, June 20th with registration at 9:30 AM and the walk starting at 10:00 AM. There will be a registration form in the next newsletter. You can also register online. Scan the QR code below to go to the registration page. We are also in need of sponsors for this important fundraiser. If you know of a business that could help, please reach out.



♪ **Save the Date—Forest Bathing:** Our first official Forest Bathing for PD event will take place on Saturday, July 18th at Asbury Woods. Stay tuned for more information.

♪ **Walking Assessment:** Before you jump into Spring and Summer time activities, why not get a walking assessment so you know how you're doing and how you can improve your walking during the nice weather. To schedule a walking assessment, please call and leave a message at the Encompass Health of Erie Therapy Department: (814)-878-1372. The contact person for this program is Mary Kingston. Mary will be happy to give you a call back and get you scheduled at your convenience. The evaluations will take place on the first floor of Encompass Health Rehabilitation Hospital of Erie, 143 E. 2nd Street, and are free of charge. Mary will provide more details when she speaks with you. Thank you for considering this new program, as we believe it will provide many wonderful benefits and insights to people battling Parkinson's disease.

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



March

2—Dave Barron
25—Chuck Leone
31 — Lynne Gotham

April

2--Dave Brown
13—Gene Humaney
20—Tim & Mary Kirkpatrick Anniv.
28--Nancy Brown

Ready to Get Moving?

PARKINSON PARTNERS OF NW PA
& DAFMARK DANCE THEATER
INVITE YOU TO MOVE WITH US!



PD DANCE & MOVEMENT CLASS

BALANCE. POSTURE. GAIT.
MUSIC. DANCE & FUN!

CLASS SESSION RUNS:
JUNE 8TH - JULY 13TH
FROM 10:00 AM-11:00 AM

CALL 814-899-3030 TO REGISTER.

ALL THOSE WITH PD MUST HAVE A
MEDICAL RELEASE SIGNED BY THEIR
NEUROLOGIST IN ORDER TO
PARTICIPATE.

CLASS IS FREE
THANKS TO A
GENEROUS GRANT
FROM ERIE ARTS
AND CULTURE

Note: we will be unable to have our Purposeful Movement and Wellness Class this summer due to scheduling conflicts. But we are so pleased to be able to offer you this fantastic dance and movement class. Hoop Dancer, Instructor Jennifer Dennehy will share her talent as she gets you moving. Jennifer has been trained to teach classes for those with PD and those with disabilities! Sign up today!

PD AWARENESS MONTH EVENTS

TUESDAY, APRIL 14, 2026

Springhill Evening Support Group: Guest Speaker

Join us for our regularly scheduled Springhill Evening Support Group Meeting at 6:00 PM. This meeting includes a Pot Luck supper. Please bring a dish to share and your own drink, if you'd like to join in the meal. Our guest speaker will be Alyssa Skoff with Abbvie who will discuss the company's new pump approved for use with PD medication. All are welcome!

SATURDAY, APRIL 24, 2026

PopLuck Fundraiser

CALLING ALL POPCORN LOVERS!

POPLUCK FUNDRAISER

Join us at PopLuck for "Food for Thought" our 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. Please mention Parkinson Partners when you order to ensure, your sale is calculated into the fundraiser. Thank you!

Friday, April 24th from 11 AM to 8 PM

1535 West 8th Street



FRIDAY, MAY 8, 2026

PD: The Basics and Beyond

Join us for a Zoom webinar starting at 1:30 PM featuring UPMC Hamot's Movement Disorder Neurologist Dimitrios Nacopoulos, MD who will be presenting "Parkinson Disease versus Parkinsonism: What is the difference?" Dr. Nacopoulos will answer questions at the conclusion of his talk. Lynne Gotham, executive director of Parkinson Partners will present, "New to PD: How Can Parkinson Partners Help?" 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 starting April 14th.

www.ParkinsonPartners.org --- 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.



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 Wednesday, April 8th and May 13th (2nd Wed. of the month) at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting on May 28th (the April meeting is canceled) (at 1:30 PM).** Join Zoom Meeting: <https://us06web.zoom.us/j/96391675305>

IN-PERSON MEETINGS:

- **Eastside YMCA PD Support Group: Wed., May 6th (1st Wed. of the month) at 1:00 PM** at 2101 Nagle Road. All are welcome!
- **Evening PD Support Group: Tuesday, April 14th and May 12th at 6:00 PM** at Springhill, 2323 Edinboro Rd. Please bring a dish and drink if you'd like to join in on a potluck dinner.
- **Care Partner Only Lunch: Monday, April 27th and May 25th (4th Mon. of the month) at 11:30 AM** at Sara's Restaurant on Presque Isle—our summer location.