

**“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:**

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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.*

## Erie Spring PD Wellness Program

Parkinson experts and current PD research all indicate that exercise is vital in the treatment of PD. If you are only taking medicine, you are missing an important step you can take to make your journey with PD easier.

According to the Michael J. Fox Foundation, “There is evidence that exercise may hold specific benefits for people with Parkinson’s in staying active and relatively limber, and improving balance and motor coordination.”

So, are you exercising? Would you like to participate in activities specifically designed to help address PD symptoms supervised by a physical and occupational therapist? Would you feel more comfortable exercising with others who understand the challenges of PD rather than having to explain symptoms to others? Would you appreciate having help available if you need it?

Our Purposeful Movement and Wellness Classes will start up again on **Tuesday, January 27<sup>th</sup>** and will run for 8 weeks on Tuesdays from 2:30-4:00 PM at the Salvation Army Senior Center at the corner of West 11<sup>th</sup> and Liberty Streets. Cost is \$100.

Each participant will be partnered with students from Gannon University’s Occupational Therapy, Physical Therapy or other Health Science 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 current and retired Gannon faculty: Physical Therapist Courtney Roca, Physical Therapist Connie Lewis and Physical Therapist Tom Hudson.

This session will feature a wide variety of exercise and activities, including boxing which has become a huge hit with our regular participants. There will also be an emphasis on walking, cardio fitness and strength building using hand weights.

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 relax in the lounge or are free to run errands or join other spouses/caregivers who go out for coffee or walk during the classes.

The application can be downloaded from our website [www.parkinsonpartners.org](http://www.parkinsonpartners.org). You can also call 814-899-3030 or email Lynne at [info@parkinsonpartners.org](mailto:info@parkinsonpartners.org) for an updated application. **All local neurology offices have a copy of the required medical release. You should be able to call or message your neurologist’s office and request that their office email or fax the medical release directly to us.**

**Space is limited so get your paperwork in as soon as possible to reserve your spot. No spots will be held. Your reservation is complete once we have received your application, waiver, payment and your neurologist signed medical release. You will receive a letter/email when you have been accepted into the program.**



## News and Notes

🎵 **Meeting Cancellations:** Now that winter is upon us, there is always the possibility that we will need to cancel a meeting due to weather. If we need to cancel, an email will be sent out alerting the community to the change. If you are not signed up for our email alerts, sign up today:

<https://www.parkinsonpartners.org/home-2/contact-us/> We will also post the information on our Facebook page. If in doubt, you are always welcome to call the office at 814-899-3030

🎵 **Community Presentations:** Is there a community organization that you think should learn more about PD? What about a senior care facility or other service agency that you wish understood more about PD? Reach out to our office and working together, we can offer the presentation. The more those that serve people with PD know about the disease, the better they can care for you and others in the PD community.

🎵 **Walking Assessment:** If you or a loved one is interested in getting 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 for a walking evaluation at your convenience. The evaluations will be located on the first floor of Encompass Rehabilitation Hospital of Erie, 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 a lot of 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](mailto:info@ParkinsonPartners.org)

### January

1—Robin Caravaglia,  
Dave Yarnell  
7—Sandra Barron  
9—Mary Kirkpatrick  
15—Bill Mason  
25—Patricia Hall

### February.

16—Corrine Dyakon



## 2026 Rock 'n Country Dance

Please join us at the Rock 'n Country Dance on **Friday, February 20th 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](http://www.ParkinsonPartners.org) or by using the QR code on the flyer. 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. 2<sup>nd</sup> St. or call us for a pick up. We appreciate your support and hope to see you at the Dance!



**FRIDAY, FEBRUARY 20, 2026**

**7-11 PM**



# **ROCK 'n Country DANCE**



**Grand Concourse at The Brewerie, 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](http://ParkinsonPartners.org)**

**Includes Beer, Soda and Appetizers**

**CASH BAR**



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

# PD Speech and Language Services: SPEAK OUT!

## 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.

PennWest University-Edinboro is home to the Governor George Leader Speech & Hearing Center where we offer speech and language therapy services for both children and adult. As part of our clinic, we offer the Parkinson's Voice Project's SPEAK OUT! ® and LOUD Crowd® Programs. The mission of this program is to help individuals with Parkinson's and related movement disorders to regain and maintain their speaking abilities. As Parkinson's is a progressive, degenerative condition, those with Parkinson's Disease oftentimes find the muscles involved in both speaking and swallowing can become weak. During our speech sessions, we encourage our members to not only speak with intent but live with intent in their daily lives. The SPEAK OUT! ® program consists of individual therapy sessions followed by membership in the LOUD Crowd®- a group maintenance program. The key components that make up the LOUD Crowd® program are daily vocal exercise, the conscious use of INTENT, ongoing instruction from a speech language pathologist, and support and encouragement from care partners and peers. If you or someone you know would be interested in this therapy program at no cost – please contact the Governor George Leader Speech & Hearing Center at (814)-732-2433 or email: [leaderenter-edn@pennwest.edu](mailto:leaderenter-edn@pennwest.edu). You can also contact Chris Shumaker, Clinical Instructor, at PennWest for additional information at [cshumaker@pennwest.edu](mailto:cshumaker@pennwest.edu).

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

### ZOOM MEETINGS:

- **Parkinson Partners Support Group Meeting on Wednesday, Feb. 11th (2<sup>nd</sup> Wed. of the month) at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Caregiver Only Zoom Meeting on January 22<sup>nd</sup> and February 26th (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., Feb. 4th (1<sup>st</sup> Wed. of the month) at 1:00 PM** at Eastside YMCA, 2101 Nagle Road. All are welcome!
- **Evening PD Support Group: Tuesday, February 10<sup>th</sup> 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, January 26 and Feb 23rd (4<sup>th</sup> Mon. of the month) at 11:30 AM** at Wegman's Café, 6143 Peach Street.