

October 2026
Volume 11 Issue 3

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.

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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.

LIVING WELL WITH PD SEMINAR

SATURDAY, OCTOBER 17, 2026

9:30 AM-12:30 PM

CHECK IN BEGINS AT 9:00 AM

**SPRINGHILL SENIOR LIVING
2323 EDINBORO ROAD
ERIE, PA 16509**



SPEAKERS:

DIMITRIOS A. NACOPOULOS, MD
MOVEMENT DISORDER NEUROLOGIST
UPMC HAMOT

PRESENTING "NEW TREATMENTS FOR PARKINSON'S DISEASE"

KATHRYN PENICK, JD
ATTORNEY
KNOX MCLAUGHLIN GORNALL & SENNETT, P.C.

PRESENTING "NURSING HOME BOOTCAMP"

AMANDA THAYER-ZACKS, FITNESS CENTER PROGRAM MANAGER, EASTSIDE YMCA &
LYNNE GOTHAM, EXECUTIVE DIRECTOR, PARKINSON PARTNERS OF NW PA

PRESENTING "ERIE'S NEWEST PD MOVEMENT PROGRAM"

THE SEMINAR WILL ALSO BE RECORDED.



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



ATTENDANCE IS FREE BUT YOU MUST REGISTER IN ADVANCE.

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

Due to issues with the live stream equipment, we are not able to promise that we can live stream this event. However, we are purchasing equipment to ensure we can record the event so those unable to attend, will be able to watch a recording at a later date. We will make sure that the recording will be available through our email blasts, our website and Facebook page. Thank you for your understanding.

News and Notes

Fundraiser Committee Meetings

We need your help as we start preparations for our big fundraisers in 2027. Many hands make the work light. Parkinson Partners only has one employee so we really need volunteers to help out.

A Wednesday or Thursday evening in October or early November: Help us pick the date for a committee meeting for our **Rock 'n Country Dance Fundraiser**. This important fundraiser will be held February 19th and it will take a lot of hands to make the work lighter so we can have a very successful event! Please reach out to Lynne at 814-899-3030 (call or text) and pick a couple of dates you can make a meeting, preferably Wednesday or Thursday after work. Spread the word! All are welcome!!

Another Wednesday or Thursday evening in November or early December: Help us plan the next **Parkinson's Awareness Walk**. We will hold another walk in May or June of 2027 and we will need your help to make it successful! We are looking for a walk ambassador family or families to help us promote this event. We are also looking for volunteers that can help us with planning, sponsorships and promotion. Please reach out to Lynne at 814-899-3030 (call or text) and pick a couple of dates you can make a meeting, preferably Wednesday or Thursday after work. Spread the word! All are welcome!!

Do you have ideas for new events or fundraisers? Please reach out with thoughts, suggestions and ways you can help! Together we can do even bigger and better things!!



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

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.

World Parkinson Coalition Family & Care Partner Webinar (take from their website)

Editor's Note: *This webinar has a stellar lineup of speakers to discuss PD from the family perspective. This organization puts on the World Parkinson's Congress and is highly respected and connected. This is one is definitely worth attending!*
<https://www.worldpdcoalition.org/>

The Family & Care Partner series first took place LIVE and in person at the 7th World Parkinson Congress in May 2026. We knew going into the space that the talks were going to be impactful and memorable, so we planned all along to bring them out to the larger community via webinar this year.

The onsite classroom is a space for family members and care partners to connect and learn together so our intention is for the virtual classroom to offer the same useful and supportive information our care community needs as they, too, navigate a Parkinson's diagnosis. This virtual room is for all family members, whether delivering direct care to their loved one or not, as Parkinson's is a family disease and it impacts the family collectively and differently. These sessions are designed with the family unit in mind, whether birth family or adopted family, these sessions will help those caring for someone with Parkinson's better understand the challenges of filling this role, give tools and tips on managing their own wellness and will offer resources.

REGISTRATION INFORMATION

Who Should Attend? Family members, care partners, friends, and loved ones of people living with Parkinson's disease.

Dates: November 16–20, 2026 **Location:** Online **Cost:** FREE

Registration Page:

<https://global.gwivcast.tv/public/QwikCast/QwikCastEvent?eventKey=c8be4a7d-818e-4446-be28-d117796d2b86>

Forest Bathing Rescheduled for October 3rd

Enjoy a meditative walk using your senses to explore the woods. This program is offered in partnership with Asbury Woods and is specifically for people with Parkinson's Disease. The walk will be led by Craig Casler, Certified Instinctive Meditation Teacher and Forest Bathing Guide. One registration per person. Caregivers do not need to register.

Date: Saturday, Oct. 3rd

Time: 10:00 - 11:15 AM

Age: Adults

Location: Nature Center

Supporting Donor Fee: \$5

Program Fee: \$7

[Register Now](#) (click the link) at

www.Asburywoods.org or call

(814) 835-5356



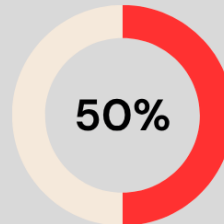
\$100 from 100 Donors in 100 Days

A cure for Parkinson's disease is coming – it's only a matter of time. But those with PD and their families need support now! Did you know that nearly 1,000 people receive our newsletter each month? Yet very few have ever donated.

We are asking you to join us in securing **100 donors who donate \$100 (or any amount) in the last 100 days of the year**. Please help us in our efforts to provide connection, support, education and programs for those with PD in the Erie region. Thank you!



Every dollar donated to Parkinson Partners stays in our community to provide needed services and support to those with PD.



Nearly 90,000 people in the U.S. are diagnosed with Parkinson's disease each year, representing a 50% increase from previous estimates.

So far we've raised over

\$2,000



Here's how to give:



- Make a one-time donation
- Make a monthly donation
- Ask friends and family to make a donation in your name to mark a celebration

parkinsonpartners.org

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

Charity Hog Auctioned for Parkinson Partners at the Waterford Fair

With immense gratitude, we want to thank everyone who helped to make the Charity Hog Auction an overwhelming success! The Hog was auctioned for a record-breaking **\$22,632!!** We were all stunned at the generosity of so many! The graphic below shows you the businesses that purchased the pig. These wonderful businesses then gifted the pig back so it could be auctioned again! Others donated the cost per pound for 1 or 2 pounds as well! AMAZING! We can't thank them enough! We are so grateful to Owen Farrell and his 4-H team, his mom, dad and sister, pig sponsors and everyone who played a role in this fantastic charitable event!



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 the 2nd Wed. of the month, Oct. 14th, Nov. 11th, Dec. 9th at 1:00 PM. **Registration is required.**
<https://us06web.zoom.us/meeting/register/tJctdumvqTsjHtbW6REytkgSzO-95mWvFysn>
- **Caregiver Only Zoom Meeting** on the 4th Thurs. of the month, Oct. 22nd; Nov. 19th (third Thursday of the month due to Thanksgiving); NO Dec. meeting due to Christmas; at 1:00 PM. **Registration is required.** <https://us06web.zoom.us/meeting/register/bwWangsqMQjWYUj5ZcQFH1A>

IN-PERSON MEETINGS:

- **Eastside YMCA PD Support Group: Wed., Oct. 7th, Nov. 4th; Dec. 2nd (1st Wed. of the month) at 1:00 PM** at 2101 Nagle Road. All are welcome!
- **Evening PD Support Group: Tuesday, Oct. 13th, Nov. 10th; Dec. 8th 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, Oct. 26th, Dec. 7th (due to Thanksgiving and Christmas); (4th Mon. of the month unless a holiday intervenes) at 11:30 AM** at Wegman's, 6143 Peach Street.

Disclaimer: the material presented in this issue is solely for the information of the reader. It is not intended for treatment purposes, but rather for a basis of discussion with the patient's physician.

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We're on the Web!

See us at:

www.ParkinsonPartners.org

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