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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. Wellness Classes
3. Charity Hog
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.

Two Fall PD Wellness Classes for YOU

If you have PD, you know you should be exercising. Exercise/movement is the only thing we know that can slow PD's progression. So, it is important for you to get moving! Plus, moving your body in a class designed for you is FUN!!

We are thrilled to be able to offer 2 separate classes specifically geared towards the challenges of Parkinson's disease. Our Purposeful Movement and Wellness Class is back for the Fall session. We will be back at the Salvation Army for 8-sessions. We are very happy to have our Gannon team back again. See below for more details.

New this year, is a new Parkinson's Movement and Mobility Class at the Eastside YMCA on Nagle Road. The Eastside Y has made a significant commitment to partner with us on PD programming. We are grateful for their belief in our mission and their desire to join us in creating programming for the regional PD community. You can play a role in getting the new program off the ground. Right now, we will be hosting a pilot program starting on September 10th from 2:00-3:30 PM. The pilot will run 6-weeks. See below for more details.

PURPOSEFUL MOVEMENT & WELLNESS PROGRAM

The Fall Session of the Purposeful Movement and Wellness Program runs Tuesdays, Sept. 8th-Nov. 8st from 2:30-4:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Cost is $100. Call **814-899-3030** for more information or an application. Applications can also be downloaded from our website: **www.parkinsonpartners.org**

Some things to note:

- You must have a signed medical release from your neurologist in order to participate. UPMC and AHN local neurology offices have the form. All you will need to do is to call the office and request that the neurologist fill out the form. The doctor can sign one form to use for both classes. They will fax it back to me so you don't have to pick it up.
- Class is designed and supervised by Gannon Physical and Occupational Therapy professors. There will also be Gannon students there to provide additional safety.
- You will receive an email once you've been accepted into the class.

YMCA MOVEMENT & MOBILITY PROGRAM

The NEW YMCA Movement Pilot Program runs on Thursdays, Sept.10th-Oct. 15th from 2:00-3:30 PM at the Eastside YMCA, 2101 Nagle Rd. Class is free during the pilot session. Call **814-899-3030** for more information or an application. Applications can also be downloaded from our website: **www.parkinsonpartners.org**

Some things to note:

- You must have a signed medical release from your neurologist in order to participate. UPMC and AHN local neurology offices have the form. All you will need to do is to call the office and request that the neurologist fill out the form. The doctor can sign one form to use for both classes. They will fax it back to me so you don't have to pick it up.
- Classes are designed by Y-USA and have been reviewed by PD experts.
- You will receive an email once you've been accepted into the class.
- We hope to have this become an ongoing class starting in November.

News and Notes

NEWSLETTER DELIVERY: For years, the newsletter was the best and only way to communicate with the PD community. But times have changed. We now have email, text messaging, social media, etc. We continue to strive to reach out to you in many different ways knowing that some "newer" methods are difficult or are just not part of your world.

That said, mailing a paper newsletter is expensive. We prioritize this significant cost, because it is important to our community. BUT it is not the most efficient way for you to receive current information. We are unable to control the time it takes for: information from community partners to get to us; for the newsletter to be printed, folded/addressed and taken to the post office; for the mail to get processed and delivered to you. Sometimes, the information will get to you late, due to those issues.

We also have only one employee to run the entire organization so there will be times that other tasks will need to be prioritized.

We encourage you to give some thought to being added to our email list (or to check your email regularly if you are on the list but don't read it). This will give you faster access to information. You can also follow our Facebook page if that is easier for you. All email blasts are posted on Facebook. With one click, you can easily read the email and will have access to clickable links to read/download documents. The newsletter is always sent out via email and is also posted to our website.

We know for some, these are not comfortable options. Then we ask for your patience and understanding as we do our best to communicate with you during these changing times.

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

July
8—Marge Montgomery
18—Paul Hakel
20—Bob & Linda Sensor Anniv.

August
19-- Bill Dyakon
21—Patricia Weiss

September
27—Mary Heintz
30—Bob Sensor

Save the Dates

Thursday, September 10th at 6:00 PM: Join us at the Waterford Fair for the Charity Hog Auction benefiting Parkinson Partners. See Page 3 for all of the information on this special auction.

Saturday, October 17th: Our annual "Living Well with PD" Fall Seminar will be back again this year at Springhill Retirement Community, 2323 Edinboro Road at 9:30 AM. Join us for a morning of education and connection. Whether you are new to PD or are a seasoned person with PD, there will be something you can learn that will help you understand PD, will provide information on new treatment options, will help you plan for your financial future and ensure that you and your spouse are legally protected should you need care outside the home. You will also learn more about our new exercise program and how you can participate. Confirmed speakers are: UPMC NorthShore Neurology Movement Disorder Specialist Dimitri Nacopoulos, MD; Knox Law Elder Law Attorney Kathryn Penick, JD and Fitness Center Program Manager Amanda Thayer-Zacks from the YMCA of Greater Erie. Registration will open on Monday, September 14th. Call 814-899-3030 to hold your spot. A link will also be posted on Facebook and will be sent out via email on Monday, September 14th.

A Wednesday or Thursday evening in late September or early October: 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 late October or early November: 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!!

Parkinson Partners Chosen as the Beneficiary of the Proceeds from the 4-H Charity Hog Auction

Editor's Note: Here is a letter sent out to people interested in the Charity Hog Auction. Please consider joining us at the Waterford Fair on Thursday, September 10th at 6:00 PM. Let's support this great fundraiser with our presence and put a face on PD!

Dear Potential Buyer,
This year's 4-H Charity Hog will benefit Parkinson Partners of Northwestern Pennsylvania, an organization that provides support, education, and resources for individuals living with Parkinson's disease and their families. This cause is especially meaningful to me because my grandpa, Ralph Gilkinson, has Parkinson's disease. I have seen how valuable support from organizations like Parkinson Partners can be to families. Every dollar raised from the sale of the charity hog will help support their mission and make a positive difference for people in our local community.

My name is Owen Farrell, Vice President of the Final Drive 4-H Club. This year, the club and I had the opportunity to raise the 4-H Charity Hog, Iceman. This is my second year in 4-H and first year raising a hog. I will be entering my Junior year of High School at Cathedral Prep. On behalf of the club, we would like to invite you to support this special project by attending the Youth Livestock Sale at the Waterford Community Fair and considering a purchase. Please mark your calendar for Thursday, September 10, at 6 p.m.

With the help and support of the club, I have had the opportunity to work closely with this year's charity hog. Helping raise the hog has taught me responsibility, dedication, and the value of hard work. This project has also shown me how important it is to give back to my community and help others through 4-H.

You can stay up to date with the auction by following the Waterford Fair Youth Livestock Sale on Facebook. Be sure to check out Parkinsons Partners of Northwestern PA too! Thank you for taking the time to read this letter. I hope to see you at the sale!

Sincerely,
Owen Farrell
Vice President
Final Drive 4-H Club

DETAILS ABOUT THE FAIR:

- The Youth Livestock Auction will be Thursday, September 10, 2026 at 6 p.m. in the Youth Livestock Arena at the Waterford Fair Grounds. There will be people there to help you out if you have never been to an auction!
- We think the pig will weigh around 280 pounds at the fair. Animals are sold per pound.
- If you are the winning bid, you can choose from a list of local butcher shops to have the animal processed. You can anticipate the butchering cost to be around $200. OR you can choose to donate the animal back to be resold.
- You are welcome to bid on the big with a group of individuals if you know others that would like to pool together.
- If you are not the winning bid, "Add Ons" are available if you would like to donate without purchasing the pig.
- There is an option for an absentee bidder number if needed.
- Proceeds will benefit Parkinsons Partners of Northwestern PA. Lynne Gotham will be at the Fair and will distribute yellow ribbons so you can wear them and spread the word about the hope and help the organization provides the regional PD community.
- If you have further questions, you are welcome to contact my mom, Amanda at (814)-450-7046.

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.

With immense gratitude, we want to thank Patty Cooney and the entire Cooney family and network for the extraordinary work raising funds for Parkinson Partners. The Dave Cooney Parkinson Awareness Walks have raised **$150,000 over the years, including $25,000 in June!!** Patty and her family have decided this will be the last Cooney Walk. After losing Dave in 2025, it is time for Patty and her family to take a more supporting role. They will still be supporting the walk but feel it is time for the entire community to embrace this walk as our own! Thank you, Patty and family! We love you and are so grateful for all you have done to support us! Now it is time for the greater PD community to step up and continue the legacy of Dave Cooney and his family. Please see Page 2 for the first step on this new path and how you can help!!

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

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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, Sept. 9th at 1:00 PM.** Join Zoom Meeting: https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09
- **Caregiver Only Zoom Meeting on Sept. 24th at 1:30 PM.** Join Zoom Meeting: https://us06web.zoom.us/j/96391675305

IN-PERSON MEETINGS:

- **Eastside YMCA PD Support Group: Wed., Sept.3 & Oct. 7th (1st Wed. of the month) at 1:00 PM** at 2101 Nagle Road. All are welcome!
- **Evening PD Support Group: Tuesday, Sept. 8th & Oct. 13th 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, Sept. 28th and Oct. 26th (4th Mon. of the month unless a holiday intervenes) at 11:30 AM** at Wegman's, 6143 Peach Street.

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