

Parkinson Press

*"You are
not alone."*



Parkinson Partners gratefully acknowledges the financial backing of the Hamot Health Foundation's Parkinson's Care Fund which supports our employee costs and other program needs.



Inside This Issue:

Return to In Person
Events Halted
Page 2

PD Champion Award
Page 3

*Please remember
Parkinson Partners in
your estate planning.
Your gift can ensure
that local services and
support continue for the
Erie PD community.*

Parkinson Partners of NW PA, Inc. (814) 899-3030

Covid-19 Delta Variant Alters Meeting Plans

Unfortunately, Covid-19 is not done with us quite yet. Despite many people being vaccinated, the Delta variant is surging and the science and guidelines for indoor meetings is constantly changing. There is just no certainty moving into the fall months with where things are headed.

For these reasons, the board of directors of Parkinson Partners has voted to move our annual Seminar to a Zoom virtual format once again this year. They have also canceled the Rock 'n Country Dance Fundraiser in November and have kept all support meetings in a Zoom format for the time being.

We did consult with our medical director before making any decisions and he concurred that in times of uncertainty it is understandable to stay with virtual options.

We are still working with our community partners to see if there is any way to safely and effectively hold a small Fall Purposeful Movement and Wellness Program, perhaps in a different format. Please understand that all of our partners have their own protocols to follow, in addition to CDC, state and local regulations. We ask your patience as we examine all of the issues and requirements. We will continue to look to our medical director, the CDC, health department

and other medical authorities for guidance with this ever-changing situation.

These decisions are not made lightly. We recognize that not being able to meet in person presents its own challenges for our community. We know how important it is for many of you for events to return in person. But until we have solid guidance and clarity, it is important to once again pause those activities.

Watch the newsletter and our email blasts for updates. If you have suggestions on other ways to stay connected or program ideas, let us know.

Parr Parkinson Champion Award Nominations

Once again, this year the Board of Directors of Parkinson Partners is asking for nominations for the annual Audree Parr Parkinson Champion Award. We would like to recognize an individual or organization that has brought awareness and/or resources to the Parkinson's disease community.

Please think about who has made a difference on your journey with PD? Is

there a program or service that you have found helpful? Is there a health care professional who takes extra time and seems to really advocate for your needs as someone with PD? Is there an agency or group that understands the unique needs of the PD community and strives to offer assistance? Nominees can be from Erie or anywhere in the region

so Warren, Chautauqua, Meadville and other readers outside of Erie County, get your nominations in too.

There is a nomination form on Page 3 of the newsletter. Fill it out and mail or email back by **September 8th**. We hope to present the award at our virtual seminar on Sunday, September 26th. Feel free to call or email if you have any questions or concerns.

News and Notes



Summer-September

Webinar: As explained on Page 1, we will be hosting our annual Summer—September Seminar in a virtual format once again this year. The webinar will be **Sunday, September 26th at 1:00 PM**. Our keynote speaker will be Dr. Dimitrios Nacopoulos of UPMC NorthShore Neurology. We will post more information on our website as soon as details are finalized. To register for the webinar, you will just go to our website and click on the link. More information will be posted in the September newsletter and emails blasts. Don't worry if you've never participated in a webinar before, we will provide you with step-by-step directions and will make it as easy as possible for you.



Don't forget about the **Mead Transportation Grants** which provide a \$50 gift certificate to Hansen's Errand Service to help with transportation or errand service needs. For more information or to request and application call or email our office.



Facebook Donations:

Thank you to everyone who donates to Parkinson Partners through Facebook donations. You should receive a receipt at the time of the donation. Because of the setup Facebook often does not provide us with the names of the donors so we are not provided with a list, but know we are grateful.

Home PD Exercise Options Including Local Options

Here are some at-home exercise options. The links are LIVE so if you are reading this newsletter online, just right click on the link and you'll be taken directly to the website.

Local: Our Purposeful Movement and Wellness team including Gannon University Professors Dr. David LeVan, OT and Dr. Courtney Roca, PT and retired Professor Tom Hudson, PT along with graduate OT students Taylor Mandley, Lily Bargabus, Ashley Tomasko and Brianna Murosky, Aurora Brown, Lauren Greenlee, Caitlin McKee and DPT student Brandi Tirado have created some home exercise videos that you can access on YouTube:

- **NEW Winter 2021:** <https://youtu.be/HqUZ7CyOcJA>
- **NEW Winter 2021:** <https://youtu.be/shnsCH9rqC8>
- Fall 2020: <https://youtu.be/mowyEAf7qK0>
- Fall 2020: https://youtu.be/PZ62_U84Hq8
- Fall 2020: <https://youtu.be/fFkGBU-vJ90>
- Summer 2020 Part 1: <https://youtu.be/lcsBTPoX1dU>
- Summer 2020 Part 2: <https://youtu.be/l8piybERaxA>
- Spring 2020 Part 1: <https://youtu.be/-ud1erTZcmA>
- Spring 2020 Part 2: <https://youtu.be/2XiSyoiXBfM>

Seated

- Power for PD: <https://www.youtube.com/channel/UC9QTEs9SMZKbSzDS-nvhr3g/videos>
- Sit and Be Fit: <https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

Seated and Standing

- Unique Physique Fitness Center: <https://www.facebook.com/watch/UniquePhysiqueFitnessCenter/>
- APDA: <https://www.apdaparkinson.org/free-online-exercise-and-therapy/?eType=EmailBlastContent&eld=4c51adf3-809e-4c84-b67a-623c6512cf34>

LIVE Classes from Parkinson Foundation of Western PA: remember you must pre-register to attend these live classes. There is a large variety of options so we encourage you to check them out. Thank you, PFWPA for including our group.

- <https://pfpwpa.org/exercise/>

Best Wishes for those with Upcoming Celebrations

Happy Birthday and Happy Anniversary to our members! To have your birthday or anniversary added to our list call 814-899-3030 or email: info@ParkinsonPartners.org

August

5—Sally Asbury
16—David Bard
21—Patricia Weiss
21—Mike & Karen DiNunzio

September

7 – Margo Lilly
10 – Susie Wressell
27—Mary Heintz
30—Bob Sensor

Audree Parr PD Champion Award Nomination Application

The Audree Parr PD Champion Award is designed to recognize outstanding individual or group contributions by those who are working with or on behalf of people affected by Parkinson's disease in the NW Pennsylvania Region. To nominate a someone/a group who you feel deserves recognition, please complete the form and return by **September 8, 2021**. The winner will be announced at the PD Webinar in September.

Your Name: _____ Your Phone Number: _____

Your Email Address: _____

I would like to nominate: _____ Their Phone Number: _____

Their Role in PD Community: _____

In no more than 500 words - tell us about the person/group you are nominating (use another sheet if need be):

- How long has this person/group been involved with the PD Community?
- What have they done to merit outstanding achievement?
- How has their contribution changed or affected the PD Community?

[illegible]

Return to: Parkinson Partners, PO Box 10547 Erie, PA 16514 Questions—please call: 814-899-3030

Family Caregiver Coaching Program

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.

Caregiver Family Coaching Program: a unique program offers emotional/mental health coaching, support and therapy to those couples/families dealing with Parkinson's Disease.

Description of the Program: The family centered approach includes the family care process, transitions of providing care, time/life management, and stress management/stress reduction. Care Counselors will bring individualized awareness to the family's specific situation, tailor support around the demands of the disease, focus on existing strengths and help with empowerment, self-awareness, and emotional connection. This support is intended to help the family connect and deepen their relationship. Hope Grows Care Coaching Weekly Structure is:

Week 1 (90 minutes): Family Care Process is the topic of the first week of the program. This session will include further information gathering through a caregiver assessment and care receiver assessment along with a discussion on "naming the problem".

Week 2 (60 minutes): Transitions of Providing Care is the topic of the second week of the program. This session will include working with the participants to further structure the care which includes the following: Problem Solving Approach; Problem Orientation; Problem Solving Strategies

Week 3 (60 minutes): Time and Life Management is vital in managing the changes that occur during the progression of the symptoms of the disease. During the third week of the program, participants will address *Learning, Managing, and Handling interpersonal challenges around the disease*

Week 4 (60 minutes): Stress Management/Stress Reduction are important skills for the couples so that they can build the necessary tools to take better care of themselves while providing/receiving care.

There is no cost to the family and the weekly sessions can be conducted in a virtual setting. All conversations of a personal nature are held in confidence. For additional information and brief intake questionnaire, please contact Casey Peluso at Parkinson Foundation Western Pennsylvania: (412) 837-1357 or cpeluso@pfpwpa.org

Parkinson Partners of NW PA, Inc.
PO Box 10547
Erie, PA 16514

If you wish to be removed from the mailing list, please call 814-899-3030.

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 Schedule

Reminder: the Parkinson Partners Board of Directors has **canceled all in person events/meetings until further notice**, due to the ongoing Covid-19 pandemic. But this doesn't mean we aren't staying connected. Join us for the following Zoom meetings. Our late June and July schedules have been set, so put these dates on your calendar. All are welcome.

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesdays August 18th, September 1st, 15th and 29th**. Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, August 26th and September 23rd**. Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHgxbXhnRS9GTGpKdlpTeURHSjJJdz09>

Please call or email for more details, phone-in Zoom instructions or if you need help using Zoom for the first time. I'm happy to help!

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, better services and better outcomes for the Parkinson Disease patient.