

Parkinson Press

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

*"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.



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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.

Rock 'n Country CHANCE 2021

Normally this time of year we would be hosting our largest annual fundraiser, our Rock 'n Country Dance. Unfortunately, COVID has made holding the dance impossible for the second year in a row. 😞

Like many businesses and other nonprofits, Parkinson Partners has been hit hard financially by the pandemic. Our ability to fundraise has been challenged but the need for our services remains great. We remain the only nonprofit in this region dedicated to helping those with PD and their families. **We need your help to continue to provide necessary services and support.**

Once again, this year we will be hosting Rock 'n Country CHANCE, a giveaway promotion.

Everyone who makes a donation to Parkinson Partners of NW PA now through the drawing on December 14th will be entered for a chance to win the Grand Prize of \$1,000 or 2nd Place Prize of \$250 or five 3rd Place Prizes \$50 gift cards to local businesses. Prize winners will be announced LIVE on Facebook on Tuesday, December 14th at 12:00 PM.

We are so grateful to our generous anonymous donors

who are making these prizes possible.

Won't you take a CHANCE and donate so you can help a good cause and perhaps win a fabulous prize?! Donations can be made online at our website or checks can be mailed to our PO Box.

Your gift to Parkinson Partners helps us provide many services including virtual support groups, an information and referral service and a monthly newsletter to those with PD and their families.

Imagine if you were recently diagnosed with PD but the pandemic prevented you from meeting with others to share concerns, ask questions etc. Our virtual

support groups and information and referral service offer a forum to ask questions and helps to keep everyone connected. So does our monthly newsletter, which annually is chosen by the PD community as our most important service. The newsletter reaches over 750 each month.

We also host educational seminars and webinars, offer transportation and respite care grants and host PD-specific wellness and dance programs.

Everything we do is for the benefit of those with PD and their families. Won't you help us continue that mission?

**No purchase or donation necessary to enter. See our website for details.*



News and Notes

🎵 **Get Well Wishes:** One of our members, Jeff Taylor has fallen ill and is receiving therapy and care at Western Reserve. Jeff's wife Rosann is asking for cards to cheer him up. If you'd like to send Jeff a card, please sent it to:

Jeff Taylor
c/o Western Reserve
1521 West 54th Street
Erie, PA 16509

🎵 **Christmas Cards:** Do you know of someone in the PD community that could use some cheering up over the holidays? We will be sending out Christmas cards and would love to add a few special people to our list. Send us their name and address so we can get a card out in the mail to them.

🎵 **Holiday Hours:** We wish you all the joys of the season as you celebrate the upcoming holidays with those you love. Our offices will be closed over the Thanksgiving, Christmas and the New Year's Holidays, and Lynne will also be taking some vacation time around the holidays. All calls and emails will be answered upon her return.



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. Remember to consult your physician before starting any new exercise program.

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:

- Winter 2021: <https://youtu.be/HqUZ7CyOcJA>
- 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

November

1—Suzanne Scheuer-
Leone
19 -- Carolyn Baxter

December

2—Rita Jandt
12 – Steve Lilly
14—Bob Southard
15 – Pat Weidner

January

1—Robin Caravaglia,
Dave Yarnell
7—Paul & Debbie
Goodwin Anniv.
7—Sandra Barron
25—Patricia Hall
28—Anna Rodgers
31—Dave Cooney

Strategies for Special Winter Holidays

The holidays can be a time of renewal - renewal of friendships through visits and cards, renewal of family relationships through gatherings and shared meals, and renewal of one's faith. But the holidays also are a time that can be particularly challenging for a caregiver. It is a time during which the changes in one's life are highlighted and there are additional demands placed upon an already stressed life.

The holidays are always a whirlwind and this is especially true for caregivers. During the holidays it is important for caregivers to seek a balance - between caring for someone else and caring for oneself; between celebrating good memories of past holidays while not dwelling on what might have been lost.

Here are ideas to keep in mind for both the caregiver and the care receiver as the holiday season arrives:

Ideas for the Caregiver:

Don't try to do it all. In the past you may have prepared Christmas dinner for 20 and created hand-made gifts for all of your relatives. Ask other members of the family to carry on specific family traditions. Dividing the responsibility will help you manage your stress level.

Don't attempt to travel long distances by car if your loved one is not used to it and tires easily. You will both be exhausted by the time you reach your destination, and you will have a difficult time enjoying yourself.

Ask family or friends to provide respite care. Make time to enjoy holiday decorations or window shopping. Just a few hours of time by yourself or with a friend can be renewing and help combat a sense of isolation.

Avoid comparisons with past holidays. It is often emotionally draining to look upon change as loss. "Life is change" can be a helpful concept to hold onto.

Create new traditions that can be carried on year to year, rather than dwelling on old traditions that your loved one can no longer participate in.

Ideas for Your Loved One:

Find a way to have your loved one participate in the holidays, whether it's making decorations or counting the days on an Advent calendar

Decorate your loved one's room or living area for the holidays. Incorporate symbols and decorations that are meaningful.

Stimulate all of your loved one's senses with the sounds, sights, smells and tastes of the holidays. Ideas include holiday music and decorations, a favorite dessert and familiar scents.

Familiar holiday foods are a nice way to evoke positive memories.

If your loved one is in a care facility, extend traditions to other people in the facility. For example, pass out holiday cards or make a traditional dessert to share. *(This article is written by David Lowell, MD and was published by www.Caregiver.com on December 8, 2017)*



A Special 2021 Holiday Tip from Caregiver.com:

- ❖ Make sure to know the laws/policies and comfort level of the homes and facilities you will be visiting with regards to Covid-19. In so many families this year, there will be topics of conversations that may be to side-stepped, **but the host's wishes (or the facilities) regarding vaccinations, social distancing and masking must be graciously respected.**

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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's Disease-- Did You Know?

- ✓ More people have PD than ALS, MD and MS combined.
- ✓ PD rates are projected to double by 2040.
- ✓ In most cases, PD is not hereditary and can strike anyone.
- ✓ We are the only Erie charity dedicated to helping those with PD.

Your donation and support make our work possible. Thank you!

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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. We will have a shortened schedule due to the holidays. Our regular schedule will resume in January. All are welcome.

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesday, December 8th at 1:00 PM**. Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVElXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, December 9th at 3:30 PM**. 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.