


Parkinson Press





HAMOT
HEALTH
FOUNDATION

Please call 814-899-3030 with any questions you may have. Thank you for your consideration of this important role.

News and Notes

 **Newly Diagnosed?** The Parkinson's Foundation has a free Newly Diagnosed kit is designed to help you get started on your journey to living well with Parkinson's disease. The kit includes: pocket folder, introductory letter to someone newly diagnosed, 5 Steps brochure, PD Fact Sheet, info card and Key Questions for Your Doctor Visits. One kit per person please. Please call **1-800-4PD-INFO (473-4636)** for more information.

 **Sympathy Wishes:** We extend our deepest sympathy and prayers to the family of **Nelson Smith** who passed away recently. His family is in our prayers

 **Sympathy Wishes:** We also extend our heartfelt sympathy and prayers to the family and friends of **Jim Jones** who recently passed away. Jim was an active participant in our PD Purposeful Movement and Wellness Program and he and his wife Adele were both very involved in our support groups. Jim had a smile for everyone. He will be missed! Jim's obituary is here:

<https://www.burtonquinnscott.com/obituaries/obituary/james-jones> If you'd like to send Adele a card, her address is:

Adele Jones
127 Oak Ridge Court
Erie, PA 16509

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://pfpwa.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

October

1—David Montgomery
6—Howie Heintz
7—Debbie Fleming
8--Nancy Eichelsdorfer
10--Frank & Darlene Barney Anniv.
11—Patty Cooney
16 – Ed Jares
25—Adele Jones, Sue Yarnell

26—Mickey Rumpf
26—Debbie Goodwin
28—John Needham
29—Karen DiNunzio
31—Dave & Nancy Brown Anniv.

November

1—Suzanne Scheuer-Leone
19 -- Carolyn Baxter

Good News to Share with the PD Community

Dave & Patty Cooney and Family Receive the 2021 Audree Parr Parkinson's Champion Award

Congratulations to the 2021 Audree Parr Parkinson's Champion Award winners Dave & Patty Cooney and Family! Dave, Patty and their children have been long-time supporters of the PD community organizing the Dave Cooney Parkinson's Awareness Walk biannually since 2010 to raise funds for Parkinson Partners and other PD nonprofits. To date, they have raised over \$70,000!!! In 2018, their son Rob triumphantly swam across Lake Erie while raising another \$15,700 for Parkinson Partners. These fundraising efforts have been a family affair, as each family member pitches in, even the grandkids. The family supports Dave during his journey with PD and provides strength, love and help to both he and Patty. Dave and Patty are active members of the Waterford PD Support Group and are always open to connecting with other members sharing their kindness and wisdom with others. This kind and generous family is so deserving of this award!

Congratulations Cooney Family!



Dave & Patty Cooney with Rob, Keri, Alex, Ely, Anna, Lori, Jim, Trevor, Myla, Greg, Monica, Claire and Graham

Parkinson Partners Receives Community Promise Grant from Hamot Health Foundation



Mark Louis, HHF Development Officer; Jaimee Black, HHF Vice President of Operations; Lynne Gotham, PP Executive Director and Charles "Boo" Hagerty, HHF President

Parkinson Partners of NW PA (PP) is thrilled to announce that we have been awarded a Hamot Health Foundation (HHF) Community Promise Grant of \$25,000 to help support our employment costs. Parkinson Partners is the area's only nonprofit dedicated to providing education, support and services to people with Parkinson's disease (PD) and their families in the Erie region. This funding is vital to our ability to accomplish our mission, especially during this challenging time when fundraisers have been canceled due to the pandemic.

The Community Promise Grant will provide funding to support the executive director employee costs. The executive director, the organization's only employee, manages the overall daily operations of Parkinson Partners including the logistics, design and implementation of resources and programs, coordination of PD events and provides support and education for people with PD and their families in the greater regional community.

We are so grateful to the Hamot Health Foundation for their support of our mission, and we look forward to working with them in the future to ensure that all of those with PD will know that they are not alone!

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.

Ladies, enjoy a night out and help Parkinson Partners along the way!

Mercyhurst Visual Merchandising Presents:

Fall in love with Erie

Join us for a night out at E. Lane
Boutique to shop the latest fall looks!
From dinner with the girls to visiting a
pumpkin patch, come see the looks
Mercyhurst Visual Merchandising class
has created! And with 15% off the
night of the event, this will be the
shopping event of the season!

October 27th
5:30-7:00 pm

*Check out at Fall in
Love with Erie on
Facebook for more
information!*

Featuring

E. Lane Boutique
956 West Erie Plaza Dr
Erie, PA 16505

Shoppers can also participate in a
Chinese auction where 10% of all
proceeds will benefit Parkinson
Partners of Northwest Pennsylvania.
Tickets can be purchased with cash the
night of the event.

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 October and early November schedules have been set, so put these dates on your calendar. At upcoming meetings, we will discuss our holiday schedule. All are welcome.

- **Parkinson Partners Support Group Meeting** via Zoom on **Wednesdays October 13th and 27th and November 10th**. Join Zoom Meeting:
<https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **October 28th**. 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.