

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.



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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.*

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

Gradual Return to In-Person Events: Your Input Needed

It has been two long years since we gathered together for regular in-person meetings, classes and events as a PD community. Thanks to a decrease in Covid-19 cases, an increase in vaccinations, changes in Centers for Disease Control and Prevention Covid guidelines and under the director of our medical director, we are happy to announce that we will start a slow return to in-person gatherings.

We know many of you are thrilled to hear this news. Others are more cautious and may have special health concerns that require them to examine in-person events differently.

Because Parkinson Partners holds meetings in buildings we do not own, we will be checking with our community partners about their re-opening plans and what guidelines visitors will be required to follow. As guests in these buildings, we understand that we will need to comply with any of their requirements. We will communicate the guidelines as more information is available. Please note: the guidelines may vary depending on the type of event and meeting/event location.

It is important that you understand the inherent risk of exposure to COVID-19 exists in any public place

where people are present. According to the Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable. All attendees of Parkinson Partners of NW PA's in-person events must agree to adhere to our guidelines and the guidelines of our community partners and voluntarily assume all risks related to exposure to COVID-19. We also encourage you to stay home if you are feeling unwell or if you have been exposed to Covid-19, the flu or any other virus.

Our PD community has changed over the last two years. We will not be returning to the identical schedule we had 2 years ago. That schedule will not work for our community today.

Many people have come to rely on our Zoom meetings as a way to connect with others without worry about transportation issues, distance from Erie and health challenges which make it hard for them to commit to in-person attendance. For many of these folks, Zoom has opened up a new world of connection. We understand that and want to keep some virtual-Zoom options for you.

For planning purposes, a survey has been created to gauge your interest in different meeting formats. Please take a few minutes and let us know what you are thinking. Whether you are a regular in-person meeting attendee, a wellness class participant, a Zoom meeting attendee, Summer Seminar attendee or whether you just read our newsletter, your opinion is important to us and will help us with our decision-making moving forward.

The survey can be done online at: <https://us18.list-manage.com/survey?u=b6f1f82ffe0425d42739515a5&id=ffa41d7db7&attribution=false> If you are reading this newsletter online, you can just click on the link to be taken to the survey. If you are reading the paper copy, you can access the online version on our website: www.parkinsonpartners.org

If you'd like a paper copy of the survey sent to you, just give us a call and we'll be happy to mail you one. You are also able to call our offices and give your responses over the phone.

Over the coming weeks, we will start to offer some in-person meetings. Please watch the newsletter and our emails for updates. If you have any questions or concerns, please feel free to contact our offices.

News and Notes



VA Caregivers

Parkinson Education

Series: Are you a family member or caregiver of a Veteran who has Parkinson's Disease? Consider joining the VA virtual educational series for caregivers on Thursdays during the month of April at noon. A variety of experts will be sharing information on education, coping, rehabilitation, medication management and more! Call the Erie VA Caregiver Support Program office at 814-860-2657 to learn more and to get registered! Note: the first presentation will be on Thursday, April 8th at noon and Parkinson Partners Executive Director Lynne Gotham will be the guest speaker.



SAVE THE DATE: The Dave Cooney Parkinson's Awareness Walk will take place on Saturday, June 18th at 10:00 AM at Our Lady of Mercy Church in Harborcreek. This important fundraiser is finally back after being postponed several times during the pandemic. Watch for more information as we get closer to the event. Also, if you know of a business that might want to be a sponsor, let us know so we can reach out. This is the only walk/race fundraiser scheduled to benefit the PD community this Spring/Summer as Running for Parkinson's will not be holding a race in April this year.

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

March

2—Dave Barron
4—Mike DiNunzio
5—Dave LeVan
20—Carolyn Bard
23—Phil & Denise Wahler, Anniv.
25—Chuck Leone
31—Lynne Gotham

April

2--Dave Brown
7 – Denise Wahler
10 – Audree Parr
19—Paul Jewell
28--Nancy Brown

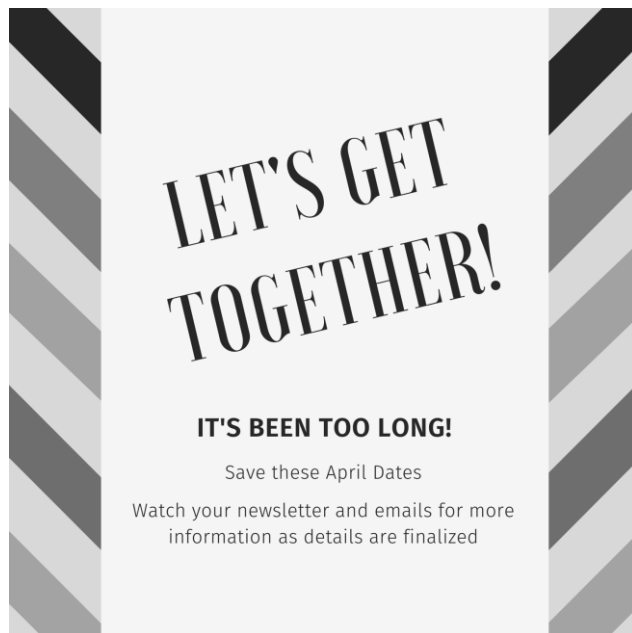


April is Parkinson's Awareness Month and Our 30th Anniversary

April will be a very busy month for the PD community as we celebrate Parkinson Partners' 30th Anniversary and commemorate Parkinson's Awareness Month with several learning opportunities including one in-person event. Details are still being finalized so watch your emails and our April newsletter for schedules and registration information.

We are also launching "30 Stories: 30 Years!" Share with us how Parkinson Partners of NW PA has impacted your journey with PD. Send us your stories, your pictures, your thoughts about how having a nonprofit dedicated to PD has made a difference for you and your family! You can mail or email items to us and we will put them in our newsletter, on our website, in emails and will use them to show funders and donors the real impact of Parkinson Partners!

We've come a long way in 30 years! We started with one support group and have grown into a fully functional nonprofit offering multiple support groups, educational programs, a monthly newsletter, Parkinson's specific wellness programs, a PD Respite Care Program, a transportation grant program and more. We now have a full-time employee and many volunteers. Our programs have been recognized and presented at local, state, national and international conferences. You are a part of our history! We are grateful for the ongoing support of the PD community. We hope we can continue to count on that support as we enter our next 30 years!



Some upcoming events (details still being finalized since our Covid restrictions are changing):

- Erie VA Parkinson's Caregiver Virtual Education Series, Thursdays in April at noon. Call 814-860-2657 for more information and to register.
- The Waterford Support Group will get together at a local restaurant on Tuesday, April 12th at 6:00 PM. Call Lynne for more information if you are interested in joining us!
- Springhill PD Education Event: Thursday, April 21st at 2:00 PM. Learn about local resources, some PD basics, rehab options at a senior living community and demonstrations by a physical therapist showing some typical challenges for those with PD and their caregivers (getting out of bed, getting out of a chair, etc.) Registration details are still being finalized but save the date.
- Zoom Webinar featuring Dr. Nacopoulos on Friday, April 22nd at noon. More information coming soon!
- Newly Diagnosed PD Lunch and Learn at Encompass Rehabilitation Hospital of Erie on Wednesday, April 27th. This event will be held IN PERSON. Space will be limited. The agenda and registration information will be published in our April edition.
- Social Outing: we are trying to bring back a social outing like our annual Post Christmas Luncheon. Perhaps we'll call it a Spring Luncheon! We are just so excited to plan a get-together! We are reaching out to local restaurants to see if anyone can accommodate our group. Stay tuned!

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.



\$30 to Celebrate \$30 Years

Help us celebrate our 30th Anniversary by donating or signing up as a monthly donor. Your gift will help us provide needed support, education and services to those with PD.

To help go to
www.parkinsonpartners.org/donate

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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 Schedules

Join us for the following Zoom meetings. All are welcome. 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 Support Group Meeting** via Zoom on **Wednesdays, March 30th and April 13th at 1:00 PM.** Join Zoom Meeting: <https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, March 24th.** Encompass Health Physical Therapist Deb Emch, PT will join us in March for a short presentation and Q&A session. Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHqxbXhnRS9GTGpKdIpTeURHSjJJdz09>

IN-PERSON MEETING:

- The **Waterford PD Support Group** will meet at a local restaurant on **Tuesday, April 12th at 6:00 PM**—everyone pays their own way. If you're interested in joining us, call Lynne at 814-899-3030 to RSVP.

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.