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# 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*

## Dave Cooney Parkinson's Awareness Walk

After a two-year delay due to Covid, the Dave Cooney Parkinson Awareness Walk, benefitting Partners of NW PA, Inc., will be held Saturday, June 18, 2022 at 10:00 AM (Registration begins at 9:00 AM). The walk will start and end at Our Lady of Mercy Church, 837 Bartlett Road in Harborcreek and will feature both a 1-mile and 3-mile option.

The Cooney Family, has organized the walk to raise funds to support Parkinson Partners. Dave and Patty are also winners of the 2021 Audree Parr Parkinson Champion Award. Dave was diagnosed with PD in 2007. His three children wanted to do something to help raise funds to combat the disease, so they ran a benefit marathon in 2008.

In 2010, daughter Lori organized the first Dave Cooney Parkinson's Awareness Walk in her hometown Indiana, PA benefiting the Parkinson's Foundation of Western PA. In 2012, the event was moved to Erie where Dave and his wife Patty live. This year, the walk will benefit Parkinson Partners as it has since 2014.

Dave Cooney, who continues to do well as he fights PD, will lead the walk with his grandchildren by his side. He is grateful for the support of his wife, children,

family and friends and hopes that the proceeds of the walk will help others facing the challenges of PD in the Erie region.

We hope that you will join us for this special event which helps to support Parkinson Partners. With changes in our funding and financial challenges brought on by the lack of fundraising events during the pandemic, this fundraiser takes on even more importance.

A registration form is on Page 3 of this newsletter. Feel free to make copies. Please fill out a separate registration form for each walker. Forms and online registration are also available on our website [www.parkinsonpartners.org](http://www.parkinsonpartners.org). You'll also find sponsorship information, pledge sheets and more info about the walk on our website. Note: shirts will not be guaranteed after June 1<sup>st</sup>.

Would you like to help?

Here are some ideas:

- ✓ Sign up for the walk.
- ✓ Encourage your family and friends to also sign up.
- ✓ Gather pledges to support your participation in the walk.
- ✓ Sponsor the event as a business or ask businesses you use to support the walk.
- ✓ Make a donation to Parkinson Partners.
- ✓ Donate items from our "walk wish list".
- ✓ Volunteer to help at the walk.

Parkinson Partners sends a huge THANK YOU out to the Cooney family for their support of Parkinson Partners! We are grateful!



## News and Notes



### April Events Wrap Up:

Thank you to our community partners, speakers and attendees at our April educational events. Links are available for the online recording of the Springhill event and Dr. Nacopoulos' webinar presentation so you can watch at home. The links have been sent out via our emails. If you need a copy of the link, please contact our office.



### Event Attendance:

Attendance at in-person events has been lower than anticipated. Are you uncomfortable attending in person? Is it more convenient to attend online? Has your interest changed? Please take our survey and share your views so we can plan future events. The survey can be found at: <https://us18.list-manage.com/survey?u=b6f1f82ffe0425d42739515a5&id=fa41d7db7&attribution=false>. If you are reading this newsletter online, just click on the link to be taken to the survey. If you are reading the paper copy, you can access the survey on our website: [www.parkinsonpartners.org](http://www.parkinsonpartners.org) or call to request a mailed copy.



### Celebration Lunch:

The lunch will be held at The Colony on Tuesday, May 10<sup>th</sup> at 12:30 PM. You must RSVP to Parkinson Partners to attend. We know the newsletter may not get to you in time with the details but this is how the timing worked and the paper mailing is unpredictable. I encourage you to sign up for our emails and to watch our Facebook page or website for more timely updates.

## 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](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](mailto:info@ParkinsonPartners.org)

### May

4—Charles Ramsey  
9—Charles & Linda Ramsey Anniv.  
16--Linda Sensor

### June

15—Peggy Trichel  
19—Patricia & Michael Hall Anniv.  
26—Mike Hall  
29—Deborah Hakel  
30 – Paul Goodwin



**The Dave Cooney Parkinson Awareness Walk**  
**Benefits Parkinson Partners of Northwest Pennsylvania**  
**Saturday, June 18, 2022**  
**Our Lady of Mercy Church, 837 Bartlett Road, Harborcreek**  
**Walk begins at 10:00 AM**

**REGISTRATION:** Please fill out the information below or register online at: [www.parkinsonpartners.org](http://www.parkinsonpartners.org)

- \$20.00 registration, includes t-shirt--**After June 1, 2022 shirts not guaranteed**
- Kids under 12 FREE to walk and youth shirts available at \$8.00 each (**Youth t-shirts must be ordered by June 1, 2022**)
- T-shirt pick-up and registration begins June 18, 2022- 9:00 AM at Our Lady of Mercy Church

**COURSE:**

- 3-mile or 1-mile walk starting and ending at the Church grounds following Dutton and Highmeyer Roads. **Please note that the roads will NOT be closed for the walk so please walk only on the Right-Hand side of the road both going out and coming back. We need to keep a lane open for emergency vehicles and residents. Your cooperation is greatly appreciated.**
- This is NOT a timed event, so feel free to walk as far as you are able
- WALK TO BE HELD RAIN OR SHINE
- Pets are welcome but MUST be on a leash and kept outside.
- Water and fruit available during the walk

**QUESTIONS:**

Patty Cooney: (814) 864-8507

[dpcooney3318@gmail.com](mailto:dpcooney3318@gmail.com)

Parkinson Partners: (814) 899-3030

[info@parkinsonpartners.org](mailto:info@parkinsonpartners.org)

**DETACH HERE**

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**ONE FORM PER PARTICIPANT PLEASE**

**Make Checks Payable to: Parkinson Partners of NWPA--MEMO: Dave Cooney Parkinson Awareness Walk**  
**Mail to Patty Cooney, 3318 Allegheny Road, Erie, PA 16508**

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_

Adult Shirt Size (Circle one):                      S                      M                      L                      XL                      XXL

Youth Shirt Size (Circle one):                      S (6-8)                      M (10-12)                      L (14-16)

In consideration of the acceptance of this entry, I waive, my heirs and assigns any/all claims for damages which may arise against all organizations and individuals connected with this walk, as a result of any injuries which may be incurred during or from the walk. All fees are non-refundable.

Signature: \_\_\_\_\_

Signature of Parent/Guardian if under 18: \_\_\_\_\_

## 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](http://www.parkinsonpartners.org/donate)

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](http://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, May 4<sup>th</sup> and May 18<sup>th</sup> at 1:00 PM.** Join Zoom Meeting:  
<https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, May 19<sup>th</sup> at 1:30 PM.** Join Zoom Meeting:  
<https://zoom.us/j/96391675305?pwd=ZHqxbXhnRS9GTGpKdIpTeURHSjJJdz09>

### IN-PERSON MEETING:

- The **Waterford PD Support Group** will meet at Wegman's 6143 Peach Street, on **Tuesday, May 10<sup>th</sup> and Tuesday, June 14<sup>th</sup> from 6:00-7:00 PM**—everyone pays their own way. For more information, call Lynne at 814-899-3030.

**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.