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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

Family Caregiver Coaching Program

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

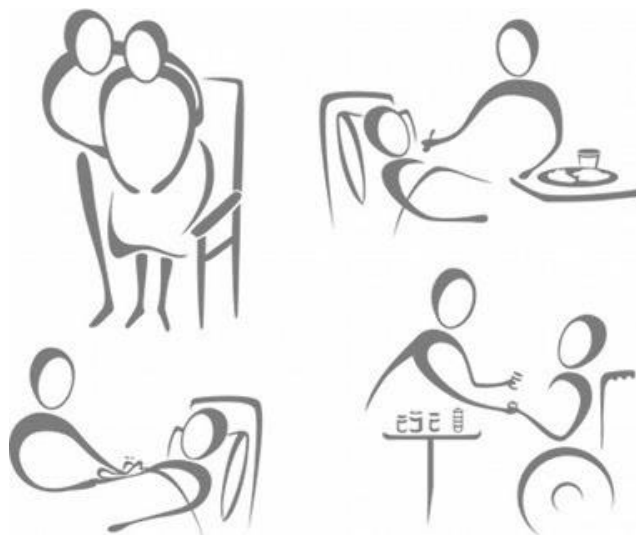
Week 3 (60 minutes): Time and Life Management is vital in managing the changes that occur during the progression of the symptoms of the disease. During the third week of the program, participants will address *Learning, Managing, and Handling interpersonal challenges around the disease*

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



News and Notes

🎵 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.

🎵 **Summer Picnic:** We are thinking about holding a Summer Picnic one evening during the summer. We will be looking at different outside locations that would be suitable for our community. Everyone will bring their own meal, and would have an opportunity to visit with others in the community. Watch the newsletter for more information. Also feel free to reach out with suggestions.

🎵 **Rock 'n Country Dance Committees:** Our Rock 'n Country Dance will be back November 4, 2022. This is an important event which raises needed funds for our programs and services. Volunteers are needed to help make the event a success. We will hold a committee meeting in the coming weeks. Watch the July newsletter for more details.

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

June

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

July

1—Carl Asbury
8—Marge Montgomery
14—Jim Cripe
16—Carl & Sally Asbury Anniv.
18—Paul Hakel
20—Bob & Linda Sensor Anniv.
21 – Pat Gray

Pole Walking for Parkinson's: How this Nordic Workout Improves Mobility

Exercise is a vital component to living well with Parkinson's disease (PD). According to Parkinson's Foundation research, exercise can improve many PD symptoms and delay disease progression. Walking is great exercise, yet people with Parkinson's may experience trouble with balance or gait and fear falling.

A new solution for people with PD to comfortably and effectively utilize walking as an exercise option is gaining traction across North America: pole walking, also known as Nordic walking. Pole walking utilizes specially designed poles in an activity that mimics the motion of cross-country skiing. The walker's arms as well as legs are engaged as the poles 'propel' the body. Walking poles may help users walk faster, more upright, and more steadily. When properly used, the poles take the weight off the walker's knees and lower body joints, which can create the feeling of being light on one's feet.

Pole walking can be particularly helpful for people with Parkinson's, as the poles ensure better posture, and naturally keep the walker more upright. At the same time, taking longer strides can gently stretch limbs and keep the body rotated, which can help loosen up and improve coordination. While the progression of PD often leads to slow walking with smaller steps, pole walking creates a steady beat to improve pace and encourage the walker to make bigger motions.

One Canadian-based company, Urban Poling Inc, has developed a unique set of walking poles with features that promote physical and neurological rehabilitation goals. Their Activator® Poles have been found by experts to be beneficial to people with compromised gait and balance.

Urban Poling founder, Mandy Shintani, is an occupational therapist and gerontologist. She discovered pole walking after seeing Swedish neighbors engaged in the activity and realized that there was a significant opportunity to utilize it both for rehabilitation and fitness in North America. As a result of her therapist background, she was able to quickly bring innovation to the market by tailoring the poles to the needs of people with conditions like PD. The poles were designed to be ergonomic, light, easy to adjust and safe in any terrain thanks to specialized rubber tips or botties that absorb shock and improve stability.

"We are focused on increasing mobility and function for every age, ability and fitness level," said Mandy. "Through our educational programs and uniquely designed poles, our mission is to help people realize that their full potential is not only achievable but also sustainable, by doing exactly what their body was designed to do — move."

Pole walking, according to Mandy, has the added benefit of substantial improvements in mood, confidence and mental health. "Obviously there's quite a bit happening physically, but also mentally," said Mandy. "Neurologically, there are so many things that have to happen when 90% of your body's muscles are triggering simultaneously. It is stimulating so many areas of our neural pathways. Also, when you are out walking, there is a huge component of spirituality and connectedness to our environment."

Parkinson's care partner, advocate and physical therapist Shelley Friedland found urban poling to be beneficial in helping her husband Rick, who lives with PD, maintain his fitness goals. "People with Parkinson's want to be able to do things that they love: going to the beach, going on a trail. But Parkinson's can make walking difficult," said Shelley. "Urban poling allows people with Parkinson's to keep doing those things they love. It gets them up and moving."

Shelley, who also took a certification class in the Activator® Pole techniques for Parkinson's, has helped establish an Urban Poling fitness group in her West Palm Beach community. She finds that the poles not only provide a beneficial workout to people of all fitness levels, but also helps create connections and community. "Using the poles becomes a social thing — people stop and ask you what you are doing, and it starts a conversation. Most importantly, it is an activity that Rick, my high school sweetheart, and I can do together," said Shelley.

This article is for informational purposes only and is not an endorsement of any product or program mentioned herein.

Editor's Note: Parkinson Partners' Executive Director Lynne Gotham and members of the Springhill Residence Life Staff have completed their certification in Urban Poling and are looking to put together a PD walking group and also to hold group classes. Are you interested in learning more? Let us know.



Parkinson Partners of NW PA, Inc.

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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.



\$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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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, June 15th and 29th at 1:00 PM.** Join Zoom Meeting:
<https://zoom.us/j/93010770942?pwd=bzhTYTgxVEIXV0pONnYwbEt5TnZzZz09>
- **Parkinson Caregiver Only Support Group Meeting** via Zoom on **Thursday, June 23rd at 1:30 PM.** Join Zoom Meeting:
<https://zoom.us/j/96391675305?pwd=ZHgxbXhnRS9GTGpKdlpTeURHSjJJdz09>

IN-PERSON MEETINGS:

- The **Wegman's PD Support Group** will not be holding meetings in the summer due to everyone's busy schedules. Regular meetings will resume in September.
- **Caregiver Lunch:** Join other Care Partners for lunch and conversation at Sara's at Presque Isle on **Thursday, July 7th at 11:30 AM.**

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.