

# 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*

## Updated Events and Meeting Schedule

As summer winds down, lots of meetings and activities are being scheduled for later summer and fall. Please mark your calendars. As always, sign up for email updates and watch our Facebook page for any meeting and event changes or cancellations.

**\*August 23, 2022 at 6:00 PM—Parkinson Partners Summer Picnic at Shade's Beach Park Large Pavilion, 7000 East Lake Road in Harborcreek.** Parkinson Partners will provide hot dogs, condiments, plates, napkins, cutlery. Please bring your own drink and a dish to share. **Reservations are required so we can plan for the food.** Please call 814-899-3030 or email [info@parkinsonpartner.org](mailto:info@parkinsonpartner.org) **Monday, August 22nd** to let us know you are planning to attend. Please

make sure to tell us the number attending when you RSVP.

**August 23, 2022--Rock 'n Country Chance Committee Meeting will be held during the Summer Picnic.** All are welcome. Volunteers are needed to help us plan this important fundraiser.

**August 26, 2022-- Rock 'n Country Chance Committee Daytime Meeting at 12:00 PM at Encompass Health Rehabilitation Hospital, 143 East 2<sup>nd</sup> Street.** Those unable to attend the meeting during the picnic are welcome to attend this daytime meeting to help us plan for the Rock 'n Country Dance Fundraiser.

**August 31, 2022 at 11:30 AM at Sara's Restaurant at Presque Isle—Care**

**Partners Lunch**, all care partners are welcome. Everyone purchases their own lunch.

**Sunday, October 2, 2022 at 1:00 PM—Living Well with PD Webinar via Zoom** guest speakers UPMC Neurosurgeon Jorge Gonzalez Martinez, MD and UPMC Hamot Movement Disorder Neurologist Dimitrios Nacopoulos, MD. Registration information will be available soon.

**November 4, 2022 from 7-11:00 PM—Rock 'n Country Dance at Concourse of Union Station, 121 West 14<sup>th</sup> Street**—Join us for this fabulous night out while helping Parkinson Partners. More details to come.

## Parr Parkinson Champion Award Nominations

Once again, this year the Board of Directors of Parkinson Partners is asking for nominations for the annual Audree Parr Parkinson Champion Award. We would like to recognize an individual or organization that has brought awareness and/or resources to the Parkinson's disease community.

Please think about who has made a difference on your journey with PD? Is there a


program or service that you have found helpful? Is there a health care professional who takes extra time and seems to really advocate for your needs as someone with PD? Is there an agency or group that understands the unique needs of the PD community and strives to offer assistance?


Nominees can be from Erie or anywhere in the region so Warren, Chautauqua, Meadville


and other readers outside of Erie County, get your nominations in too.

There is a nomination form on our website [www.parkinsonpartners.org](http://www.parkinsonpartners.org). It can also be emailed or mailed to you. Please have completed forms back to us by **September 9th**. We hope to present the award at our virtual seminar on Sunday, October 2nd. Feel free to call or email if you have any questions or concerns.

## News and Notes

 **Cooney Walk:** Thank you to everyone who participated in the Cooney Walk in June. The event was a huge success! Donations are still coming in. A huge thank you to the Cooney Family for their extraordinary efforts and also to **Jenny Kuhn**, a local woman with Cerebral Palsy and Cooney family friend who raised over \$1,000 to **Sam Zacour** who raised over \$1,000 and to **Indiana, PA friends of Lori Cooney Smith** who raised over \$5,000! We are incredibly grateful!

 **Fall Wellness Class**  
**Update:** After a small summer class, we are happy to announce that our PD Purposeful Movement and Wellness Class will be back in session this fall and will be able to accommodate 18 participants. See Page 3 for more information. Please note: we did increase the class session fee to \$80 which works out to \$10 per class. Our expenses have increased significantly while our grant support has decreased. The fees we collect only cover a small fraction of the cost to run the program but our goal is to keep the program affordable for the majority of people in the PD community. We appreciate your understanding. If you have any concerns, please feel free to contact our office.

 We extend our sympathy and prayers to the family of **David Roose**, a DEA agent from Katy, Texas who died on August 4<sup>th</sup> and who was family friends of the Cooney's. And also, to the family of **Darlene Pukylos** who died on August 5<sup>th</sup>. Both families chose our nonprofit for the memorials. We are very grateful.

## 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/l8pjybERaxA>
- 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://pfwpa.org/exercise/>

## Best Wishes for those with Special 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)

### 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

### August

5—Sally Asbury  
16—David Bard

21—Patricia Weiss  
21—Mike & Karen DiNunzio

### September

7 – Margo Lilly  
10 – Susie Wressell  
27—Mary Heintz  
30—Bob Sensor

# Purposeful Movement & Wellness Program for those with PD



If you have PD, you know you should be exercising. Join us for a class specifically geared towards the challenges of Parkinson's disease. Plus, it's FUN! Activities are designed and supervised by an Occupational and Physical Therapists and Gannon University OT and PT students will be available to assist and to provide added safety. Class is limited to 18 participants, so sign up today!

The Fall Session runs Tuesdays, Sept. 13<sup>th</sup>-Nov. 1<sup>st</sup> from 1:30-3:00 PM at the Salvation Army Senior Center, 1022 Liberty Street. Cost is \$80. Call 814-899-3030 for more information or an application. Applications can also be downloaded from our website: [www.parkinsonpartners.org](http://www.parkinsonpartners.org)



**Covid Policy:** "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 and classes 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."

## Parkinson Partners of NW PA, Inc.

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PHONE:  
814-899-3030

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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, August 10<sup>th</sup> and 24<sup>th</sup> and September 7<sup>th</sup> and 21<sup>st</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, August 25<sup>th</sup> and Thursday, September 22nd at 1:30 PM.** Join Zoom Meeting: <https://zoom.us/j/96391675305?pwd=ZHgxbXhnRS9GTGpKdlpTeURHSjJJdz09>

### IN-PERSON MEETINGS:

- The **Wegman's PD Support Group** will meet at the Peach Street Wegman's on **Tuesday, September 13<sup>th</sup> at 6:00 PM** in the dining area. All are welcome.
- **Care Partner Only Lunch:** Join other Care Partners for lunch and conversation at Sara's at Presque Isle on **Wednesday, August 31st 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.