

March, April, May 2019

“FINDING YOUR WAY WITH PARKINSON’S DISEASE” SUPPORT AND EDUCATION GROUPS

Please email your name to ellenmccauley@ongov.net to receive the newsletter by email.

Regular Monthly Group Meetings

MARCH

1st Monday, 3/4/19

12-1:30 pm

Program:

The Hearth at Greenpoint

150 Old Liverpool Road, Liverpool

“The Benefits of Exercise on Motor and Non-Motor Symptoms” of Parkinson’s Disease, including LSVT BIG Program, along with community based exercise opportunities, will be explained.

Liz Yates Horton, DPT, Proactive Physical Therapy

2nd Tuesday, 3/12/19

4-5:30 pm

Program:

Brookdale Summerfield

100 Summerfield Village Lane, Onondaga Hill

Welcome new facilitator, **Ann Murphy**

Sharing and Support

3rd Thursday, 3/21/19

2-3:30 pm

Program:

The Nottingham

1301 Nottingham Road, Jamesville

Welcome guest facilitator, **Cynthia Stevenson**

Sharing and Support

APRIL

1st Monday, 4/1/19

12-1:30 pm

Program:

The Hearth at Greenpoint

150 Old Liverpool Road, Liverpool

“Adapting to Change in the Car”

Arlene Carr, AARP Driver Safety Instructor, will discuss the physical, mental, medication related, environmental issues that impact on our driving ability. She will suggest some strategies to cope with these as we change.

2nd Tuesday, 4/9/19

4-5:30 pm

Program:

Brookdale Summerfield

100 Summerfield Village Lane, Onondaga Hill

Sharing and Support

3rd Thursday, 4/18/19

2-3:30 pm

Program:

The Nottingham

1301 Nottingham Road, Jamesville

Welcome **Marty Pond** back from vacation

Sharing and Support

May

1st Monday, 5/6/19

12-1:30 pm

Program:

The Hearth at Greenpoint

150 Old Liverpool Road, Liverpool

“Drumming”

Jimbo Talbot is the founder of DrumQuest. He designs and facilitates Remo HealthRHYTHMS© a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a tool for communication and personal expression. This system can be integrated as a therapeutic strategy in group counseling sessions, support groups, rehabilitation centers, schools, hospitals, aging facilities and more.

2nd Tuesday, 5/14/19

4-5:30 pm

Program:

Brookdale Summerfield

100 Summerfield Village Lane, Onondaga Hill

Sharing and Support

3rd Thursday, 5/16/19

2-3:30 pm

Program:

The Nottingham

1301 Nottingham Road, Jamesville

Sharing and Support

Feel free to bring your lunch or a snack. For additional information contact:

Cynthia at 315-435-2362 x4993 or cstevenson@ongov.net

Save the Dates!

“DementiaCare19”

Featured Speaker: Teepa Snow - “Positive Approach to Care”

May 22, 2019, Holiday Inn, Liverpool, NY

Hosted by Alzheimer’s Association, CNY Chapter



Sunday, **June 2, 2019** at Onondaga Community College

Now is the time to start BUILDING YOUR TEAM – Register: kcollins@parkinson.org

“Living An Active Life With Parkinson’s Disease”

7th Annual Conference, Friday, **October 18, 2019**

Holiday Inn, Liverpool, NY



MOVING THROUGH POSSIBILITIES

WEEKLY DANCE CLASSES FOR
PEOPLE WITH PARKINSON'S DISEASE AND CAREGIVERS

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THURSDAYS 1:45 -3:00 PM

FEBRUARY 7, 14, 28

MARCH 7, 21, 28

APRIL 4, 11, 18, 25

MAY 2, 9

LOCATION

Dance Theatre of
Syracuse

117 Harvard Pl,
Syracuse, NY 13210

For more information, please contact
Hanni (hcschwar@syr.edu) or Laura (laprieto@syr.edu)

**Parkinson Support &
Education Groups**

First Monday of Month

12:00 – 1:30 pm

The Hearth at Greenpoint
150 Old Liverpool Road, Liverpool

Second Tuesday of Month

4 – 5:30 pm

Brookdale Summerfield
100 Summerfield Village Lane
Onondaga Hill, off Velasko Road

Third Thursday of Month

2 – 3:30 pm

The Nottingham
1301 Nottingham Road, Jamesville

Parkinson's Initiatives

**CNY Huntington Disease
Support Group**

For Information Contact: 315-656-8598 or
jmirabito1@twcny.rr.com



Rock Steady Boxing CNY

209 Oswego Street #12
Liverpool, NY 13088
315-622-2332 or
CNY.RSBaffiliate.com

Rock Steady Boxing of Syracuse

at: DC Boxing
For Information Contact: 315-729-7178
pjvanb@aol.com

Madison County Group

Fourth Tuesday of Month:

Madison County Group
12:30-3:00

Marshall Farms Foundation, Large Community Building
1978 New Boston Road, Chittenango

Contact for Information: Martha at Marcar96@aol.com
315-655-3796 or 315-687-9014



Parkinson's Foundation

The 2018 Caregiver Summit held on December 1, 2018 was a day dedicated to helping caregivers. The Parkinson's Foundation is excited to announce that sessions are now available for on-demand viewing. You just register at the website link below and you will have access to the videos.

<https://event.netbriefings.com/event/parkinson/Archives/caregiversummit/register.html>

Also Available for on-demand viewing:

Introduction to Collaborative Care with caregiver Doug Zabor

Intimacy and PD with Sheila Silver, *MA, DHS, ACS*

Collaborative Caregiving: Expanding the Team with Annie Wallis, *MSW*

Building Stronger Caregiving Partnerships Through Better Communication
with Angela Roberts, *PhD*

Collaborative Caregiving in Action featuring a caregiver panel from various perspectives.

Additional sessions not broadcast live but now available include:

Expert Panel with Elaine Book, *MSW, RSW*; Jori Fleisher, *MD, MSCE*; Angela Roberts, *Ph.D.*; Jessica Shurer, *MSW, LCSW*; and Sheila Silver, *MA, DHS, ACS*

What Now? Finding the "Us" in Collaborative Caregiving with Patty Hatton, *CTRS*

For answers to your caregiving & Parkinson's questions, our toll-free Helpline is available weekdays from 9 a.m. to 8 p.m. ET at 1-800-4PD-INFO (473-4636) or Helpline@Parkinson.org

Weather ALERT

To check for **Office for Aging Parkinson's Group** cancellations go to:
TV Channels 3 and 5 or on-line at:
<https://cnycentral.com/weather/closings>

A BIG THANK YOU TO LINDA!

Linda Pekarsky has been a faithful facilitator of the "Finding Your Way With Parkinson's Disease Group" that meets at Brookdale Summerfield. Since 2013 she has dedicated herself to hosting this group with warm hugs, supportive listening, valuable information and yummy chocolate chip cookies. Now she's spending more time with her husband who is dealing with a chronic illness. All of us who know Linda are grateful for her generous heart and extend loving wishes and comforting thoughts. May peace be with you and Mike.



WELCOME ANN MURPHY!



The "Finding Your Way with Parkinson's Disease" Group that meets at Brookdale Summerfield will greet Ann Murphy, on February 12, 2019 as its new facilitator. Ann has served the Central New York community for many years through her own in-home care service. She has a reputation as a caring, skilled and compassionate professional who intimately knows and understands the needs of caregivers and the issues of those being cared for. She has very sensitive listening skills and well understands the meaning of "support" about which many of her clients can testify when they say, "She is/has been there for us." We welcome Ann to join the group.

Remember when **John Orcutt** showed us his **big water jug** which he uses to monitor and maintain his daily prescribed intake? They can be ordered at Amazon. Just type **Build Life** in the search bar.



 1 Gallon
128 oz