

## November and December 2018

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

Please email your name to [ellenmccauley@ongov.net](mailto:ellenmccauley@ongov.net) to receive the newsletter by email

## Regular Monthly Group Meetings

Monday, 11/5/18

12-1:30 pm

Tuesday, 11/13/18

4-5:30 pm

Thursday, 11/15/18

2-3:30 pm

**Program All Groups:**

**The Hearth at Greenpoint**

150 Old Liverpool Road, Liverpool

**Brookdale Summerfield**

100 Summerfield Village Lane, Onondaga Hill

**The Nottingham**

1301 Nottingham Road, Jamesville

Review of “Living An Active Life With Parkinson’s Disease” conference held October 11

Sharing and Support

Monday, 12/03/18

12-1:30 pm

Tuesday, 12/11/18

4-5:30 pm

Thursday, 12/20/18

2-3:30 pm

**Program All Groups:**

**The Hearth at Greenpoint**

150 Old Liverpool Road, Liverpool

**Brookdale Summerfield**

100 Summerfield Village Lane, Onondaga Hill

**The Nottingham**

1301 Nottingham Road, Jamesville

Sharing and Support

“Let’s talk about the holidays!”

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### UPDATE on 16<sup>th</sup> ANNUAL CONFERENCE LIVING AN ACTIVE LIFE WITH PARKINSON’S DISEASE Held October 11, 2018

The conference was a wonderful success at the new location, The Holiday Inn in Liverpool.

Susan Kennedy, our faithful host, welcomed about 350 people to hear experts present:

**Sarah King**, PT, DPT – “Redefining Your Diagnosis”, “How to Build Your Plan of Attack”  
and “Exercise Is Medicine”

**Michelle Burack**, MD, Neurologist – “The Gut-Brain Connections in Parkinson’s Disease”

**Fahed Saada**, MD, Neurologist – “ Psychological Issues with Parkinson’s Disease”

AND to view displays by 30 sponsors and exhibitors during the Community Resource Education Session. For more information, see the “**2018 Education Guide**” on the Onondaga County Office for Aging website at <http://www.ongov.net/aging/parkinsons.html>

**Regular Monthly Meetings  
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

**T'ai Chi for Health  
Go Figure Gym**

3791 Milton Ave.  
Camillus, NY 13031  
315-487-3380



**CNY Huntington Disease  
Support Group**

For Information Contact: 315-656-8598 or  
[jmirabito1@twcny.rr.com](mailto:jmirabito1@twcny.rr.com)



**Rock Steady Boxing CNY**

209 Oswego Street #12  
Liverpool, NY 13088  
315-622-2332 or  
[CNY.RSBaffiliate.com](http://CNY.RSBaffiliate.com)

**Rock Steady Boxing of Syracuse**

At: DC Boxing, 308 Tompkins Street, Syracuse, NY 13204  
For Information Contact: 315-729-7178 or  
[pjvanb@aol.com](mailto: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](mailto:Marcar96@aol.com)  
315-655-3796 or 315-687-9014

**THANK YOU to the SPONSORS and Exhibitors Who Supported the  
“Living An Active Life with Parkinson’s Disease” Conference**



**Alzheimer’s Association,  
CNY Chapter**

441 West Kirkpatrick Street  
Syracuse, NY 13204  
315-472-4201

**At Home Independent Living**

4464 Milton Avenue  
Camillus, NY 13031  
315-579-4663

**Brewerton Pharmacy**

9679 Brewerton Road  
Brewerton, NY 13029  
315-676-4441

**Caring Transitions  
of Syracuse**

8587 Snowshoe Trail  
Cicero, NY 13039  
315-401-7633

**Dignity Plus**

675 South Main Street  
Central Square, NY 13036  
315-668-9381

**Elderwood at Liverpool**

4800 Bear Road,  
Liverpool, NY 13088  
315-457-9946

**Franciscan Companies**

333 Butternut Drive #100  
Syracuse, NY 13214  
315-458-3600

**Inspire Care of CNY**

19 Lowell Road  
Liverpool, NY 13090  
315-447-3164

**Loretto**

1301 Nottingham Road  
Jamesville, NY 13078  
315-413-3100

**McHarrie Life Senior Commu-  
nity**

7740 Meigs Road  
Baldwinsville, NY 13027  
315-638-2521

**Peregrine Senior Living  
at Onondaga Hill**

4701 Peregrine Way  
Syracuse, NY 13215  
315-469-8900

**Rock Steady Boxing CNY**

209 Oswego Street  
Liverpool, NY 13088  
315-622-2332

**Rock Steady Boxing  
of Syracuse at DC Boxing**

308 Tompkins Street  
Syracuse, NY 13204  
315-729-7178

**Sam Pomeranz Jewish  
Community Center**

5655 Thompson Road  
Dewitt, NY 13214  
315-234-4522

**Senior Home Care Solutions**

PO Box 412  
Jamesville, NY 13078  
315-469-1000

**Silver Fox Senior Social Club**

22 East Genesee Street  
Baldwinsville, NY 13027  
315-635-5335

**The Hearth Communities**

150 Old Liverpool Road  
Liverpool, NY 13088  
315-453-7911

**WellCare Health Plans, Inc.**

225 Greenfield Parkway  
Suite 208, Liverpool, NY 13088  
315-233-7128

**Invigorate Physical Therapy & Wellness**, 512-361-1213, [www.invigoratept.com](http://www.invigoratept.com)

**Oasis Upstate Medical University**, 315-464-6555

**Onondaga County Office for Aging**, 315-435-2362, [www.ongov.net/aging](http://www.ongov.net/aging)

**Parkinson’s Foundation Greater Rochester**, 585-234-5355

**Upstate Medical University Department of Neurology**, 315-464-8668





# Caregiver Summit/ Cumbre Para Cuidadores

*A free event specifically for caregivers of people living with Parkinson's*

## Topics to be covered include:

1. **Introduction to Collaborative Care-Self** - Care & caregiving go together; start exploring your approach to collaborative care with your partners
2. **Intimacy and Parkinson's** - Practical tools to help with conversations about sexuality with patients and their partners
3. **Collaborative Caregiving: Expanding the Team** - Caregiving is a team sport; tips on how to engage more friends and family members in helping their loved one with Parkinson's disease
4. **Building Stronger Caregiving Partnerships through Better Communication** - Strategies for optimizing communication will be discussed
5. **Collaborative Caregiving in Action: Panel Discussion** - Looking at ways to improve communication techniques

**Saturday, December 1, 2018**

Liverpool Public Library  
310 Tulip St. Liverpool, NY 13088  
Registration 10:15am - 11:00am  
Summit 11:00am - 2:45pm

Meet your caregiving community. Join Syracuse as we tune in to the bilingual **2018 Parkinson's Foundation Caregiver Summit/Cumbre Para Cuidadores**. Thousands will participate from sites across the country.

Presenting sponsor:



Thank you to our local sponsors:

**Register today! [Parkinson.org/Summit](http://Parkinson.org/Summit)**

*Prefer to join from the comfort of home? Register now in English or Spanish to join us from a personal computer, tablet or phone.*

**1-800-4PD-INFO (473-4636) • #CARE4PD**