

October, November, December 2017
“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

OCTOBER: No meetings will be held due to the “Living An Active Life With Parkinson’s Disease” conference Thursday, October 12, 2017. Register at 315-464-8668.

Monday, 11/6/17, 12:30-2 pm
Tuesday, 11/14/17, 4-5:30 pm
Program (Both Groups)

The Hearth at Greenpoint
Brookdale Summerfield
Sharing & Support

Monday, 12/4/17, 12:30-2 pm
Tuesday, 12/12/17, 4-5:30 pm
Program (Both Groups)

The Hearth at Greenpoint
Brookdale Summerfield
Sharing & Support

**Madison County Group Fourth
Tuesday of Month 12:30-3 pm**

Marshall Farms Foundation
1978 New Boston Road, Chittenango.

For Information Contact:

Martha at Marcar96@aol.com
315-655-3796 or 315-687-9014

Rock Steady Boxing CNY

Call 315-622-2332

**Rock Steady Boxing at
The Centers at St. Camillus**

Call 488-2112

**CNY Huntington Disease
Support Group**

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

T'ai Chi for Health

Improves Balance & Reduces Risk of
Falls for Persons with Parkinson’s
Disease & Movement Disorders

Starts 9/13 at 12:30 pm

Go Figure Gym, Camillus, NY
For Information or to Register Call
315-487-3380

Catering to Caregivers

Free Event

Holiday Luncheon December 14th Noon at
Brookdale Summerfield

To Register Call: 315-435-2362 x4993

HELP US LEARN HOW TO BETTER DIAGNOSE PARKINSON'S DISEASE AT AN EARLIER STAGE.

THIS STUDY MIGHT BE FOR YOU IF:

- You have recently been diagnosed with Parkinson's disease.
- You would like to help us learn how microRNA markers change in Parkinson's disease and improve our understanding of the disease.

Each participant is paid \$25

FOR MORE INFORMATION

For additional information or to schedule your participation, contact Dr. Frank Middleton at middletf@upstate.edu, call the study phone line and leave a message at **315-464-7729**, or visit the study website and complete a contact form at www.upstate.edu/parkinsonstudy.

Subjects can sign up to receive more information or be contacted.

SPECIAL LECTURE:

"Current Approaches to the Treatment of Parkinson's Disease"

Dragos Mihaila, MD, Assistant Professor of Neurology Upstate Medical University

Monday, September 25, 2017, 6 – 7 pm

Liverpool Library, 310 Tulip St. Liverpool

Presented by: HealthLink Upstate

**Register: Call Upstate Connect at:
315-464-8668**

ACT NOW:

CONTACT YOUR LAWMAKERS IN CONGRESS

Congress will soon consider funding for two agencies that help advance Parkinson's research, the National Institutes for Health and the Centers for Disease Control and Prevention. Contact your Senators and Representatives in the United States Congress to let them know how important increased funding for research is to you and our nation's citizens. For more information and directions, contact

<http://advocate.michaeljfox.org>

Your Congresspersons Are:

Senator Charles Schumer 315-423-5185

100 S. Clinton St., Room 841, Syracuse, NY 13261

Senator Kristen Gillibrand 315-448-0470

100 S. Clinton St., Rm. 1470, Syracuse, NY 13261

Rep. John Katko 24th District 315-423-5657

440 S. Warren St., Suite 711, Syracuse, NY 13202

Representative Elise Stefanik 21 District 315-782-3150

88 Public Square Suite A, Watertown, NY 13601

Representative Claudia Tenney 22 District 607-376-6002

49 Court Street Metro Center Suite 210, Binghamton, NY 13901

Representative Tom Reed 23 District 607-654-7566

89 West Market Street, Corning, NY 14830



Onondaga County
Office for Aging

Fall 2017

alzheimer's  association

Central New York Chapter



FREE CLASSES!
Open to the Public



**For Current & Future
Family Caregivers**

September

Chair Yoga: Take Care of Yourself	9/14 4:30-6pm	McHarrie Town Ctr.
Hospice & Palliative Care	9/19 5:30-7pm	Hearth at Greenpoint
Navigating Life After Caregiving	9/27 5:30-7pm	Hospice CNY Educ. Rm.

October

Brain Fitness: Fact or Fiction	10/03 & 10/10 5:30-7:pm	Manlius Library
Medicare: Overview & 2018 Changes	10/11 5:30-7pm	Cicero Public Library
Older Adult Medicine Safety	10/17 5:30-7 pm	Upstate Oasis Studio
Legal & Financial Issues in Healthcare Planning	10/26 & 11/02 5:30-7pm	UCC Bayberry
Caregiving Like a Man	10/30 5:30-7pm	Natur-Tyme

November

Effective Communication Strategies	11/09 5:30-7pm	Christ Comm. Church
How We Change As We Age	11/16 6:30-8pm	The Nottingham

**Catalog and Registration Form are available on-line at
www.ongov.net/aging/icare.html. You can also receive a catalog and/or
REGISTER by contacting Cynthia at 315-435-2362 ext. 4993 or
email: cstevenson@ongov.net**

Funding is provided by the NYS Office for Aging, US Administration on Aging, Alzheimer's Association CNY and Onondaga County Office for Aging

Fifth Annual Onondaga County Conference

Thursday, October 12, 2017



Registration is REQUIRED

Registration Opens **August 15**

Deadline **October 6**

**To Register, Call:
Upstate Connect at
315-464-8668**

"Living An Active Life with Parkinson's Disease"

Free Program & Lunch

8:10 to 8:45 am Check-In

9:00 am to 2:15 pm Program

Host: **Susan Kennedy** WCNY-TV
"Cycle of Health"

Drumlin's Country Club

800 Nottingham Rd
Syracuse, NY 13224

Conference Speakers

Heather Zwickey, Nutrition and Parkinson's Disease

National University of Natural Medicine, Portland, OR

Becky Auyer, Resources for Care in the Home

Inspire Care of Central New York

Christopher Morley, Tools & Techniques for Making Tough Medical Decisions

Upstate Medical University

Fahed Saada, Sleep Issues and Chronic Fatigue with Parkinson's Disease

CNY Neurological Consulting

For Information: Cynthia Stevenson 315-435-2362 x4993, cstevenson@ongov.net