

January 2021

Parkinson's Disease Support Groups for those with Parkinson's and Their Care Givers

<p>Albany County (Capital District Parkinson's Support Group CDPSG):</p>	<p>Meeting – Zoom Meetings See https://www.cdparkinsons.org/next-meetings for details and to register. Find this newsletter at https://www.cdparkinsons.org/community-newsletter</p> <p>Meetings by ZOOM on the 2nd Thursday of most months at, 7:00 PM Contact: Jud Eson (518) 281-3466 or Ian Wing eson.jud@gmail.com iwing5082@hotmail.com Website: http://www.cdparkinsons.org/ updated 10/26/20</p>
<p>Albany County DBS:</p>	<p>Meeting – to be determined Desmond Hotel 660 Albany Shaker Road Albany, NY 12211 (888) 448-1297 RSVP to (518) 262-9407 or email movement@amc.edu</p>
<p>YOPD Albany County:</p>	<p>Meeting – to be determined Young Onset Parkinson's Disease Support Group (YOPD) Contact: Susan Brant (518) 951-4536 susanbrant48@gmail.com</p>
<p>Broome County:</p>	<p>Meeting – to be determined Monthly, 3rd Wednesday 1:00 – 2:00 PM Endwell United Methodist Church Fellowship Hall 3301 Watson Blvd. Endwell, NY 13760 Contact: Charles Houser (H)-(607) 205-1247, (C)-(917) 833-4410 chouser13905@gmail.com updated 10/26/20</p>
<p>Delaware County:</p>	<p>Meeting – to be determined Monthly, 2nd Thursday 12:30 PM – 1:30 PM O'Connor Hospital/Physical Therapy Department 460 Andes Road Delhi, NY 13753 Contact: Elizabeth Materazzo (W) (607) 746-0300 elizabeth.materazzo@oconnorhosp.org or Pat Cleary by e-mail pcleary@frontiernet.net updated 10/26/20</p>
<p>Fulton County:</p>	<p>Meeting — to be determined Monthly, 3rd Thursday 2 PM – 3 PM Mayfield Presbyterian Church, 22 North Main Street Mayfield, NY 12117 Contact: Rev. Bonnie Orth (518) 661-6566 See flyer below updated 10/26/20</p>
<p>Madison County:</p>	<p>Meeting – to be determined Monthly, 4th Tuesday 12:30 PM - 3:00 Jim Marshall Farm, 1978 New Boston Road Chittenango, NY 13037 Contact: Martha Carpenter (315) 655-3796 marcar96@aol.com updated 10/26/20</p>

Oneida County:	Meeting – to be determined Monthly, 3 rd Tuesday 12:30 PM meet and greet, speaker 1:00 P Central NY Parkinson's Support Group (CNYPSG) Presbyterian Home of Central NY 4290 Middle Settlement Road New Hartford, NY 13413 Contact: Rosemarie Taylor (H) (315) 732-6302 bosco25o@icloud.com updated 10/26/20
Onondaga County Liverpool:	Meetings on Zoom Monthly, 1 st Monday 12:00 PM – 1:30 Hearth at Greenpoint 156 Old Liverpool Road Liverpool, NY 13088 http://www.ongov.net/aging/parkinsons.html updated 10/26/20 Contact: Cynthia Stevenson (315) 673-3820, cdstevenson1934@gmail.com – for zoom invitation
Onondaga County Jamesville:	Meetings on Zoom Monthly, 3 rd Thursday 2:00 PM – 3:30 The Nottingham 1301 Nottingham Road Jamesville, NY 13078 http://www.ongov.net/aging/parkinsons.html updated 10/26/20 Contact: Cynthia Stevenson (315) 673-3820, cdstevenson1934@gmail.com - for zoom invitation
Otsego County Oneonta:	Meeting – to be determined Monthly, 3 rd Friday 1:00 PM - 3:00 except for December Education Room on the Third Floor of the Heritage building The Plains at Parish Homestead 163 Heritage Circle Oneonta, NY 13820 Contact: Doug & Dorothy Scott Fielder (607) 433-2727 Currie & Virginia Marr (607) 432-5434 dfielder@stny.rr.com scottfielder@stny.rr.com cmarr@stny.rr.com updated 10/26/20
Saratoga County:	Meeting – to be determined Monday 2:00 PM Woodlawn Commons 156 Lawrence Street Saratoga Springs, NY 12866 Kevin McCullough saratoga.parkinsons@gmail.com (518) 222-4247 Marie Thorne softballmom300@yahoo.com (518) 810-8483 http://www.cdparkinsons.org/community-events updated 10/26/20
Ulster County:	Weekly, Thursday 2:30 – 3:30 Ready, Steady, Go - Zoom MHA in Ulster, 300 Aaron Court, Kingston, NY 12401 Contact: Teresa Joseph (845) 339-9090 ext 2206 – for zoom instructions. updated 10/26/20
	For updated contact/calendar information please e-mail Marie Thorne at softballmom300@yahoo.com or call (518) 810-8483 cell.

PLEASE BE SURE TO CHECK WITH YOUR MEDICAL PROVIDER/S BEFORE MAKING ANY CHANGES OR DOING ANYTHING LISTED ON THIS INFORMATIONAL NEWSLETTER

EXERCISE/BRAIN TRAINING CLASSES

CLASSES RESTARTING

Boxing for Parkinson's – Starting August 31, 2020 Mondays 8:45 AM - 10:30 AM – cost \$10 for single class. Atlas Jiu-Jitsu, Midtown Plaza, 110 Main Street, South Glens Falls, NY 12803, (518) 362-8527 Instructor Shane Willette, text him on (518) 260-3367, class size is limited to 8 – there are 11 stations for social distancing - *NO OUTDOOR SHOES*** Clean shoes or bare feet! Mask is required!**

8:45 AM fill-out waiver, temperature taken. 9:00 AM doors locked. No walk-ins during class!

CLASSES THAT REMAINED CANCELED UNTIL FURTHER NOTICE

ALBANY COUNTY

Bethlehem YMCA -Pedaling for Parkinson's Monday 12 Noon, Wednesday 12 Noon, Friday 12 Noon - no fee - Parkinson's Wellness Class Thursdays 12 N -1:45 Cost \$45 for 7 weeks – 600 Delaware Avenue, Delmar, NY 12054, Phone (518) 439-4394 Contact the Y for more information (Dates and Times verified) **Capital District YMCA**

Guilderland YMCA – Pedaling for Parkinson's – Monday 10:45 AM, Wednesday 10:45 AM, Friday 9:30 AM – Member's Free, non-members \$5.00, Neuromotor Wellness \$65 members, \$80 non-members - Tuesday 1:45 PM and Thursday 1:45 PM, 250 Winding Brook Drive, Guilderland, NY 12084 Contact Chris Wilson – (518) 456-3634 ext 1140 for more information (Dates and Times verified) **Capital District YMCA**

Dance Beyond Parkinson's – Classes are every Tuesday from 1:30 to 3:00 PM - \$5.00 per class at Rudy A. Ciccotti Recreation Center, 30 Aviation Road, Albany, NY 12205, (518) 867-8920

Schott's Boxing, 21 Vatrano Road, Albany, NY 12205 (518) 641-9064- Friday's 10:00 AM -The cost is \$10.00 for the initial visit which covers the cost of the hand wraps. Hope Soars is partnering with Schott's and will pay most of the membership fee which will be determined based on class size. If you have any questions, please contact Mark Burek (518) 428-0056.

Yoga Class- Honest Weight Coop, 100 Watervliet Avenue, Albany, NY, Thursday's 11:45 AM, Free for Parkinson's Patients and their family/caregivers, for information call Instructor Deb Foss (518) 944-9858 - debfoss319@gmail.com

ONONDAGA COUNTY

Rock Steady Boxing CNY, 209 Oswego Street #12, Liverpool, NY 13088. Classes are Tuesday, Thursday and Saturday. Contact Jeannette Riley (315) 622-2332 for assessment appointment and more information. Check Website CNY.rsbaaffiliate.com for class information.

Rock Steady Boxing (RSB) at the Centers at St. Camilus, 813 Fay Road, Syracuse, NY 13219, Classes are Tuesdays and Thursdays from 11:45 – 1:15. Call for information, (315) 488-2112

RENSSELEAR COUNTY

East Greenbush YMCA – Pedaling for Parkinson's – Monday 10:30 AM, Wednesday 11:00 AM, Saturday 10:15 AM. Free to members or \$5 for non-members, 20 Community Way, East Greenbush, NY 12061. For more information, contact Catherine Van Orden, (518) 477-2570 x 1240 **Capital District YMCA**

Troy YMCA –Pedaling for Parkinson's – Monday 10:30 AM, Wednesday 10:30 AM, Friday 10:30 AM – Members free, non-members \$5.00 – 2500 21st Street, Troy, NY 12180, (518) 272-5900 (Dates and Times verified) **Capital District YMCA**

SARATOGA COUNTY

Southern Saratoga (Clifton Park YMCA) -Pedaling for Parkinson's – Monday 5PM, Wednesday 10:45 AM, Friday 1:45 PM- members free, non-members \$5.00 Parkinson's Wellness Recovery Class Thursdays 10:30 - 11:45 Cost \$45 for 7 weeks – 1 Wall Street, Clifton Park, NY 12065 – Phone (518) 371-2139 Contact the Y for more information (Dates and Times verified) **Capital District YMCA**

Saratoga YMCA - Pedaling for Parkinson's –Monday 10:45 AM & Friday 10:45 AM - no charge – 290 West Avenue, Saratoga Springs, NY 12866, (518) 583-9622 (Dates & Times verified)

Boxing for Parkinson's – Tuesdays 9:00 AM - 10:00 AM not just for Parkinson's, advance class – 10 AM – 11 AM and 11 AM – 12 PM Parkinson's only, Thursdays 7:00 PM – 8 PM, not just for Parkinson's, advance class – cost \$10 for single class, \$85 for purchase of 10 classes, \$170 for purchase of 25 classes. Custom Fitness, 23 Northern Pines Road, Wilton, NY 12831, (518) 886-1602 customfitgym@gmail.com <http://customfitnessgym.com> Instructor Shane Willette, text him on (518) 260-3367 Please register for class- class size is limited to 8 per class!

Dance Beyond Parkinson's - Thursday from 1:30 – 2:30 PM at the National Museum of Dance, 99 South Broadway, Saratoga Springs, NY 12866, (518) 584-2225 extension 3001- Donations are requested for this class.

Brain Training – 11 AM – 12 PM, Tuesday – Friday (you can do 1 day a week or 5 days a week) free – PNECC Nolan House (older structure), 24 Circular Street, Saratoga Springs: buzz to get inside – Kathy Johnson (518) 885-2007; pyramidofpotential56@gmail.com Please pre-register with Kathy by calling or emailing her.

SCHENECTADY COUNTY

Duanesburg/Delanson YMCA – Pedaling for Parkinson's – Monday 11, Wednesday 11 AM, Friday 11 AM - member's free, non-members \$6.00, 221 Victoria Drive, Delanson, NY 12053 (518) 895-9500 (verified 2/23/19) **Capital District YMCA**

Glenville YMCA – Pedaling for Parkinson's – Tuesday 10:45 AM, Wednesday 10:15 AM, Friday 10:15 AM – Members free, non-members \$5.00 - Neuromotor Wellness - Glenville YMCA – Monday's 10 AM – 127 Droms Road, Scotia, NY 12302, (518) 399-8118 (Dates & Times verified) **Capital District YMCA**

Ring of Hope Boxing Club – Rock Steady Boxing – Starting Sunday December 22, 10-11:30 AM, each boxer must be evaluated and the first class are free – payment after the first class is 1 class is \$15.00 or 8 classes for \$100 – 118 Erie Blvd., Schenectady, NY 12305, Contact – Jeff Karbowski for an evaluation, phone (518) 347-7184, email – ringofhope@rsbaffiliate.com, website - <http://ringofhope.rsbaffiliate.com/>

ULSTER COUNTY

Parkinson's Group (Ready, Steady, Go) at MHA in Ulster, 300 Aaron Court, Kingston, NY. Thursdays starting at 2:30-3:30. Contact is Teresa Joseph, (845) 339-9090 x 2206

CANCELATIONS

**IN PERSON CLASSES ARE CANCELED
UNTIL FURTHER NOTICE**
SCROLL DOWN FOR ONLINE CLASSES

FOUNDATIONS

Parkinson's Wellness Fund - <https://parkinsonswellnessfund.org/apply/>

Parkinson's Disease Care New York <http://www.pdcny.org/>

Podcast: <http://wxixnews.org/post/connections-latest-parkinsons-disease-research-and-treatment>

YOUTUBE INSTRUCTION VIDEOS / EXERCISE VIDEOS

LSVT Big - <https://youtube/fpTqcWs2NUY>

<https://www.cdparkinsons.org/zoom-and-recorded-exercise-classes>

Dance for PD from home - <http://capture.nbs-enb.ca/27/page/Home.aspx>

*****New*** Chair Yoga – Thanks to Dennis Wilson** - <https://vimeo.com/116094147>

Yoga classes online every Wednesday live, or view archived. <http://nwpf.yourbrandlive.com/yoga>

Starfish4Anxiety: to help the world become a calmer, friendlier place, one person at a time

<https://www.youtube.com/c/Starfish4Anxiety>

COMMUNITY EVENTS

INFORMATIVE FUN

National Parks and Federal Recreational Lands Pass. There is a one lifetime \$10.00 fee for the pass if you can prove you are disabled. Go to <https://store.usgs.gov/accesspass> for more information.

Friendship/Warm/Help Line

I would like to thank Pat Saccardi for the following:

I called the 211 (United Way Fund) number and spoke with a young man named Keith, who was very helpful. He said that these lines are sponsored by NY Connects which is based in Albany, but services all of NYS (1-800-342-9871) The lines are open 24/7 and they serve seniors and others with disabilities who have non crisis related issues. **Needing to have some emotional support when lonely or a friendly connection** sounds like this is the number to dial 1-800-342-9871. The 211 also handles things like food, shelter, utilities and heat needs.

<https://www.cdparkinsons.org/who-to-call-for-help>

Catholic Charities, Francine Meade, caregivers support, (518) 372-5667.

http://www.ccrda.org/get_help/Albany-county-new-york-services_1_county.htm

Albany County Department for Aging, Matthew Hanrahan, 518 447-7198. He can direct you to other counties' resources as well.

You don't know what tomorrow will bring, so have a great day today!

Information on Items of Possible Interest

Please note I am not endorsing this product or any product, nor do I get compensated for putting them in this newsletter. It is to make everyone aware of what is out there to help us with our journey with Parkinson's.

These items will stay in the newsletter for 2 months only!

Zoom Classes/Meetings

Rachelle Smith-Stallman is inviting you to a scheduled Zoom meeting.

Topic: Dance Beyond Parkinson's with Rachelle

Time: 01:30 PM Eastern Time (US and Canada)

Every week on Tue, Thu

Register in advance for this meeting:

<https://us02web.zoom.us/join/96871400000?pwd=ZUJlYkRlMmVkdDZkdjNlcEo0dDZldz09>

Rachelle makes this class fun, you do your own moves or can follow hers

I would like to thank Gabby Dimotsantos from the Davis Phinney Foundation for sharing a resources page of many activities:

<https://www.davisphinneyfoundation.org/blog/live-well-parkinsons-online/>

Brain Training Starting 11/4/2020* – 11 AM – 12 PM, Tuesday – via Zoom**
Kathy Johnson (518) 885-2007; pyramidofpotential56@gmail.com Please
e-mail Kathy for the Zoom access code.



Deb Foss, who led the class at Honest Weight Food Co-op started a Zoom class for yoga. Mostly it's chair yoga. Contact her by email at debfo319@gmail.com to register. There is no charge for this class. She plans to hold class every Thursday at 11:30.

ZOOM MEETINGS ALBANY COUNTY

Thursday – January 14, 2021 ZOOM 7:00 PM – Fran Weiss, RD: Registered Dietitian/Certified Dietitian Nutritionist from Hannaford

Will speak about nutrition in general but focusing on older people and Parkinson's diet needs.

You must [Register in advance for this meeting:](https://www.cdparkinsons.org/next-meetings)
<https://www.cdparkinsons.org/next-meetings>

After registering, you will receive a confirmation email containing information about joining the meeting.

Thursday - February 10, 2021 Michael Burns of MopCo Theater will lead us in improv comedy, ZOOM 7 PM

Improv, or "the art of composing, uttering, executing, or arranging anything without previous preparation" (Dictionary.com)

Michael Burns - will teach us to laugh and show us a fun, low-pressure way to reduce your anxiety, build resilience, improve your connection with other people, and strengthen our ability to adapt to life on life's terms.

You must [Register in advance for this meeting:](https://www.cdparkinsons.org/next-meetings)
<https://www.cdparkinsons.org/next-meetings>

After registering, you will receive a confirmation email containing information about joining the meeting.

CAPITAL DISTRICT DISCUSSION GROUP

Jud Eson is trying to get more people to join the email discussion group.
There are two uses for it...

People call or write to ask him for advice or referrals. He will then ask them to join the group and ask there. They get group answers, not just his own limited experience.

If there is breaking news: someone tells him that there is an event next week. He can use the email list to notify the group members instead of waiting for the next newsletter when it will be too late.

How to use it:

Subscribe to our email based discussion group

You can subscribe to the discussion by sending email to: cdpsg+subscribe@groups.io

OR

You can go to <https://groups.io/g/cdpsg> and click the blue subscribe button,

If you are a group member, addressing mail to cdpsg@groups.io will send the email to every member of the group. You will be able to post questions and answers by email to the group through the group email address.

There is an associated website, <https://groups.io/g/cdpsg> , only available to group members, where you can look at past conversations. It is fast, easy and free.

There are currently 76 group members, (8/28/2020)

Read the Guidelines <https://www.cdparkinsons.org/groups-io-guidelines> for the CDPSG (Capital District Parkinson's Support Group) groups.io mail group.

Jud you never cease to amaze me! You are such a wealth of information, putting so much time in helping all of us with Parkinson's. Thank you for all you do!

Women and PD - Greater Albany Area



Register at: <https://www.parkinson.org/events/2021/WIPD-Albany>

This is a virtual program, taking place live, using the online Zoom platform. Instructions on joining the webinar are provided after registering.*

Men and women experience Parkinson's disease differently, as it relates to their symptoms, medications, medical care and support services. The Parkinson's Foundation is shedding light on and finding solutions for women-specific issues to help improve the health and well-being of women with PD. Join us for this important event for women with Parkinson's, their family, friends, spouse, or support person.

Speaker:

Jennifer Durphy, MD
Albany Medical College
Albany, NY

This program is open to anyone interested in Women & PD, including family, friends, spouse, partner or support person.

Register by January 14, 2021 to receive a welcome kit including program agenda, relative fact sheets, note pages, and more! There is no charge to attend, but registration is required.

Event Date

Friday, January 22, 2021

Event Time

1 p.m. to 2:30 p.m. ET

Event Location

United States

Fees:

FREE

Contact Name:

Nancy Nealon

Contact Email:

nnealon@parkinson.org

Contact Phone

585-234-5355

Central New York 8th Annual Living an Active Life with Parkinson's Disease Conference

<https://www.parkinsoncny.org/>

This website of programs & services will be available for your continued reference until
September 30, 2021