

March 2019

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

<p>Albany County (Capital District Parkinson's Support Group CDPSG Beverwyck):</p>	<p>Meeting – March 14 – Speaker – Deb Foss - She is a Kripalu certified facilitator, yoga teacher and bodyworker. Review calendar at - http://cdparkinsons.org/pd-community-calendar/ Monthly, 2nd Thursday 7:00 – 8:30 PM The Terrace at Beverwyck Lane 41 Beverwyck Lane Slingerlands, NY 12159 Contact: Jud Eson (518) 281-3466 or Ian Wing eson.jud@gmail.com iwing5082@hotmail.com Website: http://www.cdparkinsons.org/</p>
<p>Albany County DBS:</p>	<p>March 20, May 15, July 17, September 18 Deep Brain Stimulation Lunch and Learn Desmond Hotel 660 Albany Shaker Road Albany, NY 12211 (888) 448-1297 Contact: Ellie Hobson, RN, BSN – RN to Dr. Julie Pilitsis and Dr. Vishad Sukul (518) 262-0739 hobson@mail.amc.edu RSVP to (518) 262-0739 or email movement@amc.edu</p>
<p>YOPD Albany County:</p>	<p>YOPD is on a hiatus until May - meetings to be announced Young Onset Parkinson's Disease Support Group (YOPD) Contact: Susan Brant (518) 783-3492 susanbrant48@gmail.com.</p>
<p>Broome County:</p>	<p>Meeting – March 20 Monthly, 3rd Wednesday 10:30 – 12:00 Noon Endwell United Methodist Church Fellowship Hall 3301 Watson Blvd. Endwell, NY 13760 Contact: Jim Nowik (570) 278-2138 jimnowik@yahoo.com</p>
<p>Delaware County:</p>	<p>Meeting - March 14 Monthly, 2nd Thursday 12:30 PM – 1:30 PM O'Connor Hospital/Physical Therapy Department 460 Andes Road Delhi, NY 13753 Contact: Pat Cleary (607)746-0329 & Kathy Scribani Work (607)746- 0461 Cell (607)376-1633 pcleary@frontiernet.net kathryn.scribani@oconnorhosp.org</p>
<p>Fulton County:</p>	<p>Meeting - March 21 Monthly, 3rd Thursday 2 PM – 3 PM Mayfair Presbyterian Church 22 North Main Street Mayfield, NY 12117 Contact HealthLink (518) 736-1120 healthlink@nlh.org</p>
<p>Madison County:</p>	<p>Meeting - March 26 Monthly, 4th Tuesday 12:30 PM - 3:00 Jim Marshall Farm 1978 New Boston Road</p>

	Chittenango, NY 13037 Contact: Martha Carpenter (315) 655-3796 marcar96@aol.com
Oneida County:	Meeting - March 19 Monthly, 3 rd Tuesday 12:30 PM meet and greet, speaker 1:00 P Central NY Parkinson's Support Group (CNYPSG) PO Box 274 New Hartford, NY 13413 Presbyterian Home of Central NY 4290 Middle Settlement Road New Hartford, NY 13413 Contact: Rosemarie Taylor (H) (315) 732-6302 No E-mail
Onondaga County Syracuse:	Meeting – March 12 Monthly, 2 nd Tuesday 4:00 PM - 5:30 Brookdale Summerfield 100 Summerfield Village Lane Syracuse, NY 13215 Contact: Cynthia Stevenson (315) 435-2362 ext 4993 cstevenson@ongov.net
Onondaga County Liverpool:	Meeting - March 4 Monthly, 1 st Monday 12:00 PM – 1:30 Hearth at Greenpoint 156 Old Liverpool Road Liverpool, NY 13088 Contact: Cynthia Stevenson (315) 435-2362 ext 4993 cstevenson@ongov.net
Onondaga County Jamesville:	Meeting - March 21 Monthly, 3 rd Thursday 2:00 PM – 3:30 The Nottingham 1301 Nottingham Road Jamesville, NY 13078 Contact: Cynthia Stevenson (315) 435-2362 ext 4993 cstevenson@ongov.net
Otsego County Cooperstown:	Every other Tuesday – 2 PM weather permitting First Presbyterian Church 25 Church Street Cooperstown, NY 13326 Contact: Terry and Nelson Bradshaw (607) 652-9143 Jambunny2@hotmail.com Contact above for meeting times.
Otsego County Oneonta:	Meeting - March 22 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
Saratoga County:	Meeting - March 18 – Speaker will be Shane Willette boxing trainer Monthly, 3 rd Monday 2:00 – 4:00 PM No meeting July and August Woodlawn Commons 156 Lawrence Street Saratoga Springs, NY 12866

	Kevin McCullough saratoga.parkinsons@gmail.com (518) 222-4247
Schenectady County:	Leader needed
Ulster County:	Weekly, Thursday 2:30 – 3:30 MHA in Ulster, 300 Aaron Court, Kingston, NY 12401 Contact: Teresa Joseph (845) 339-9090 ext 2206 – Open/Drop-in, Support
	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

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)

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 12084Contact Chris Wilson – (518) 456-3634 ext 1140 for more information (Dates and Times verified)

Dance Through 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 - debfo3319@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

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)

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)

Saratoga YMCA - Pedaling for Parkinson's –Monday 10:45 AM & Friday 4:30 PM - no charge – 290 West Avenue, Saratoga Springs, NY 12866, (518) 583-9622 (Dates & Times verified)

Dance Through 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 - 4 PM – 5 PM, Monday – 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.

SCHEENECTADY 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, NY12053 (518) 895-9500 (verified 2/23/19)

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)

CANCELATIONS

FOUNDATIONS

Parkinson's Wellness Fund - <http://parkinsonswellnessfund.org/families/general/application/>
Parkinson's Disease Care New York <http://www.pdcny.org/>
Podcast: <http://wxxinews.org/post/connections-latest-parkinsons-disease-research-and-treatment>

U-TUBE INSTRUCTION VIDEO'S/EXERCISE VIDEO'S

LSVT Big - <https://youtu.be/fpTqcWs2NUY>

<http://www.cdparkinsons.org/free-on-line-exercise-videos/>

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

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

April 28, 2019 – Hope Soars Community walk and run

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.



**Parkinson's & Neurological Diseases
Advocacy & Education Group**

Join others who live with Parkinson's and other neurological diseases as we share, learn from the experts, and live to the fullest.

**Please join us on
Thursday, March 21, 2019 from 2-3 PM
at the
Mayfield Presbyterian Church
22 North Main Street
Mayfield, NY 12117**

Guest speaker will Tracy Paradise, Care Navigator for Senior Caregivers and Support Services of Catholic Family Charities. Tracy will talk about programs and services available.

For more information,

contact

Rev. Bonnie Orth

at 518-661-6566

