

The Group Scoop *CNYPSG* Website

MEETING NOTES

The meeting of the CNYPSG, Inc. was held on October 18, 2011 in the Emmaus Room at the Presbyterian Home. Lori Sitts and Carrie Flint from the OT and PT departments presented a program about the Importance of Daily Exercise. They also demonstrated the use of Therabands.

The annual "Education Day" was held on November 15, 2011 with a panel presentation by department heads at the Presbyterian Home. They explained the how and why of living in a facility where you have the option to live in your own home or apartment, assisted living or where nursing home care is available to meet your needs. This was a most informative presentation!

Our December gathering was held on December 20th as our annual holiday party. Our members came together to enjoy lovely refreshments, a poinsettia raffle and the singing of holiday music. It was a delightful way to end 2011!

WELCOME

We have been blessed to have many new people join us in 2011 to find out more about Parkinson's disease and other Movement Disorders. It is our hope that we are able to help people understand the many problems faced by people with these afflictions and help them cope with their difficulties. Please join us regularly at our meetings and let us know how we can assist you. Become involved in our group activities throughout 2012!



Check it

out!!

<http://www.vtboxhwr.org/parkinson.html>

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Under the Weather?

2012 has arrived and we are wishing all have recuperated and everyone will have a year of good health. We hope that Dorothy Duciaume, Stan Kowalski, Ann Lenio, Charlie Mahaffy and Evelyn Petrie are enjoying healthier times. We look forward to having you join us!

Getting the Word Out!!

Once again, some of our members have taken the time to tell the public about our group and what PD is all about. Pat and Marge Moylan and Myrtleann Seifried went to Herkimer County Community College in November to talk to some Physical Therapy students about Parkinson's disease. Thanks so much for educating more people about PD!

DID YOU KNOW.....

We have authors among us??? Our own Marge Moylan has written some more poetry about PD etc. Her most recent book is "The Blue Poems – A Portrait of Depression in Parkinson's Disease."

Our other author is Don Hamlin. This is written in honor of his wife and to leave his legacy of love and laughter, to continue to make folks smile and feel good about themselves even after he is gone.

Talk to Marge and Don and find out how you can purchase their works of art!!

HAPPY NEW YEAR!!