

Parkinson Residence Receives \$100,000 Grant

The Mele Family Fund, a donor-advised fund of The Community Foundation of Herkimer & Oneida Counties, Inc., has awarded Presbyterian Home for Central New York with a grant for \$100,000. The funds are dedicated to Presbyterian Home's Parkinson Renovation Project which is designed to help those with Parkinson Disease live more independently and improve their quality of life through advancements in motion and voice technology. Phase one of the project is currently underway and consists of necessary infrastructure updates such as a sprinkler system, new nursing call system, heating ventilation system, a new roof and modifications to some resident rooms. "The Presbyterian Homes Foundation is incredibly thankful to the Mele Family for their interest in our project. Their contribution is the second largest donation in history that our Foundation has ever received. They trust what we are doing for people in our community with Parkinson Disease and I think that speaks volumes. They want to help, they want to be a part of the solution and for that we are grateful." stated Lenora D'Apice, director of development at Presbyterian Home.

By Matt Cravis

HAPPY ANNIVERSARY
CNYPSG, Inc. 2

In January 1992 the Central New York Parkinson Support Group had its first meeting at the Methodist Church in New Hartford, NY. We are now twenty years old and have over 600 people on our mailing list. We continue to meet once a month and for the last five years have been meeting at the Presbyterian Home in New Hartford. Along the way we have received a lot of support from so many people including our PWP.s (People with Parkinson's) and their caregivers. Thank you so much for twenty good years! Talk to the ones who have been there from the beginning and you will realize all we have done in the community to promote ourselves.

Hopefully we will have a cure within the next twenty years. In the meantime, continue to learn as much as you can about the disease and vow to be an advocate for yourself and for the many others who are affected by Parkinson's disease.

One more note, a big, big thank you to Nancy McCaffrey for all she has done to help make the group what it is today. She and Ed have played a major role in speaking to the public about PD. We will always remember Ed and Nancy. Nancy, almost on her own, has kept our newsletter going for the last few years and her dedication to the group is greatly appreciated. *THANK YOU. THANK YOU.*

Keep up the good work everyone. We love you all!

Pat and Marge Moylan

Coping with Symptoms

If you have gone to the doctor because of movement symptoms, you may not be aware---and your doctor may not tell you at the time you are diagnosed ---that Parkinson's disease manifests in many additional ways other than the more visible symptoms. Fatigue, constipation, and sleep symptoms are a few such examples of common non-movement symptoms of PD.

These changes are called nonmotor symptoms of Parkinson's. They can also include mild cognitive impairment (such as focusing on a task), depression, soft speech, pain and impulsive behaviors.

These behaviors are frequently more troubling, and interfere with daily life, than motor symptoms. Effective therapies are available to treat these symptoms—medications as well as physical therapy, occupational therapy, and speech therapy.

Recognizing nonmotor symptoms, and understanding how they may affect your quality of life, is a first step toward taking control of your health and living well with Parkinson's.

Source: Parkinson's Disease Foundation (PDF)

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