



NO PARKIN' ZONE

CENTRAL NEW YORK PARKINSON'S SUPPORT GROUP, Inc.

Vol. 20 No. 4 October 2011
Meeting Schedule – 3rd Tuesday – 12:30 PM
Presbyterian Home of CNY – Emmaus Room
4290 Middle Settlement Rd., New Hartford, NY

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Calendar of Events

October 4, 2011

CNYPSG Board Meeting – 1:00 P.M.

Parkinson's Awareness Walk

October 8, 2011

10:00 AM – 12:00PM

October 18, 2011

**Topic: "Meeting the Medical and
Social Needs of Individuals in the Adult Day Care
program"**

**Speaker – Leslie Green, Director of Adult Day
Care Service**

November 1, 2011

CNYPSG Board Meeting -1:00 P.M.

November 15, 2011

Education Day

**"Preparing for Life Style Changes"
Panel Presentation**

December 20, 2011

Annual Christmas and Hanukah Party

The content of this newsletter is strictly for informational purposes and is not intended as medical advice for the treatment of Parkinson's disease. For individual problems, consult your own physician.

No Parkin' Zone Staff

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A Message from the President

It's fall already and there are so many things to do!

By the time you receive this, the Parkinson Awareness Walk (PAW) will be history. Special thanks to all of you who helped make this event extra special and memorable. Many hands make light work!

I am just now back from Charlotte, NC, an educational trip for recertification for the Lee Silverman Voice Treatment LOUD program. You probably already know that this is an intensive 1 hour daily voice program taking place for 4 days per week for 4 consecutive weeks. Further, this #1 program for voice restoration in Parkinson disease patients is beginning to be used via telemedicine contexts as well as with supplemental computerized software for home practice. I hope to share a summary of this program with you during the winter of 2012.

Save the date for our annual educational day on the 3rd Tuesday of November (11-15-11) from 1:00-3:00 P.M. in the Emmaus room at the Presbyterian Home.

Best wishes!
Pat



A Collection of Poetry

Once again, we are privileged to have the opportunity to enjoy the works of Marge Moylan. She has put together another collection of her poetry to be available at the Parkinson Awareness Walk. Proceeds will benefit the Parkinson Renovation Project at the Presbyterian Home.

The title of this collection is "The Blue Poems – A Portrait of Depression in Parkinson's Disease." It is divided into three parts: Part I - The Enemy, Part II – The Battle and Part III – The Hope.

Marge has dedicated this collection of poetry to the memory of Edward A. McCaffrey who passed away February 28, 2011 after a long battle with Parkinson's disease.

How Can You Increase Your Mobility Confidence?

- Build physical activity into your daily routine: gardening, housework or washing the car, as you are able.
- Walk with a friend.
- Attend a community exercise program.
- Move around frequently: walk during commercials if you tend to watch TV.
- Put on some upbeat music and dance.
- Take a grandchild for a walk.



Parkinson Renovation Project Groundbreaking

Saturday, October 8, 2011

10:00am



Phase one of Presbyterian Home Parkinson Renovation Project will begin with a groundbreaking ceremony at the Parkinson Awareness Walk on Saturday, October 8th. The building addition will construct new rooms designed to help our residents with Parkinson Disease live more independently in their day-to-day lives. The ceremony will host representatives from Presbyterian Home, Parkinson residents, local government officials and building contractors. We hope that you will join us at this event as our goals are becoming a reality. For more information please call: 315-272-2292.

Practical Tips for Living with Parkinson's Disease

Freezing is an unpredictable loss of motion. It occurs most often during transitions such as beginning to walk, moving from carpeted area to tile, stepping into an elevator, turning a corner or approaching a chair.

Tips to overcome freezing:

- Do a side step or step backwards
- Reach forward with your heels while walking
- Count your steps out loud
- March: "left, right, left, right"
- Listen to marching tunes
- Sing (or hum) a song with a beat (a singsong rhyme will work also)
- Listen to a pocket metronome
- Visualize stepping through tall grass while walking
- Visualize a spot beyond your obstacle Visualize or draw an imaginary line on the floor and step over it

- Place an object on the floor (i.e. penny, paper, playing card) and step over it
- Use a pocket flashlight (or laser pointer) and step into the pool of light

Intruder

PD creeps in on padded paws,
Insidious intruder,
A presence barely felt at first:
a shuffling gait
a trembling hand
a quaver in the voice.
PD encroaches silently
to take you unaware,
Suffocating
sapping strength
devouring inch by inch,
It leads you to the brink of dull
despair.

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