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Please Join Us...

Parkinson's Support Group ~ 2016/2017

Dedicated to people living with Parkinson's including the people you love the most!



The fourth Thursday of every month • 2:00 to 4:00pm • UC Gaylord
 80 Livingston Boulevard ~ *Exercise and Healthy Refreshments at each session!*

October 27, 2016

SPEECHSEASE

Guest Presenter: Faith Brinkman,
 Speech and Language Pathologist, *Otsego Memorial Hospital*

November 17, 2016

NOTE: Date adjustment due to Thanksgiving Holiday
STRESS AND THE ROLE OF MINDFULNESS

Guest Presenter: Beth Eisch, BSN, Trainer
Community Services Network

December 22, 2016

HOLIDAY OUTING ~ GRAND EVENT CENTER

LOCATION CHANGE: 610 S. Wisconsin Avenue

Guest Presenter: Cathy DeLave, BSN, RN
 Parkinson's Disease Advocate ~ *ABBVIE*

January 26, 2017

LIVING WITH PD ~ PEER SUPPORT

Guest Presenter: Pamela Carlson, RN
Otsego County Commission on Aging

February 23, 2017

**REACTIVE DEPRESSOR OR CLINICAL
 DEPRESSION? WHAT IS IT?**

Guest Presenter: TBA

March 23, 2017

DEALING WITH PAIN

Guest Presenter: Charlotte Lundy, RN, BA
 Educator ~ *Community Services Network*

April 27, 2017

ASK THE EXPERTS THROUGH PEER SUPPORT

Facilitator: John Panci, Advocacy Department Coordinator
Otsego County Commission on Aging

May 25, 2017

WATER AEROBICS

Guest Presenter: Anita Wadsworth, OCCOA Volunteer
*LOCATION CHANGE: Otsego County Sportsplex
 1250 Gornick Avenue • Gaylord*

June 22, 2017

ADVOCACY ~ WHEN YOU NEED

SOMEONE TO STAND BY YOU

Guest Presenters: OCCOA Advocacy Team

July 27, 2017

SUMMER BREAK

No Scheduled Meeting

August 24, 2017

**WHEN WORKERS AND CAREGIVERS ASSIST A
 PERSON WITH PARKINSON'S ~ WHAT THEY
 NEED TO UNDERSTAND**

Guest Presenter: Chris Curtin, RN, BC,
 Executive Director / Trainer ~ *Community Services Network*

September 28, 2017

END OF YEAR CELEBRATION ~ TAI CHI

Guest Presenter: Martha Orloff
 Retired Educator and OCCOA Volunteer

Support Group Planning Team

Facilitator: John Panci Planning Team: John Panci • Pamela Carlson, RN • Sarah Skowronski • Dona Wishart

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