



OTSEGO COUNTY COMMISSION ON AGING

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Please Join Us...

Parkinson's Support Group ~ 2017/2018

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 26, 2017

"ROUNDTABLE EVENT"

Facilitators: John Panci and Pamela Carlson
Otsego County Commission on Aging

November 16, 2017

NOTE: Date adjustment due to Thanksgiving Holiday

**"SELF-ASSESSMENT AND
PLANNING FOR ACTIVITIES"**

Guest Presenter: Chris Curtin, RN, BC Certified
Community Services Network

December 14, 2017

NOTE: Date adjustment due to activity.

HOLIDAY OUTING ~ GRAND EVENT CENTER

LOCATION CHANGE: 610 S. Wisconsin Avenue

January 25, 2018

"A UNIQUE TOPIC ~ TBD"

Guest Presenter: Dale Franz

February 22, 2018

**"ACTIVITIES TO HELP
IMPROVE DAILY FUNCTIONING"**

Guest Presenters: OMH Rehabilitation Team
Otsego Memorial Hospital

March 22, 2018

"NON-MEDICAL STRESS MANAGEMENT"

Guest Presenter: Charlotte Lundy, RN, BA
Community Services Network

April 26, 2018

"SPIRITUALITY IN SUFFERING"

Guest Presenter: Pastor Thomas Mammoser
Peace Lutheran Church

May 24, 2018

"TAI CHI"

Guest Presenter: Martha Orloff
Retired Educator, OCCOA Volunteer

June 2018

NOTE: Date to be determined.

FIELD TRIP

33rd Annual Parkinson's Summer Forum

Presenter: Parkinson's Network North
Traverse City, Michigan

July Summer Break

No Scheduled Meeting

August 23, 2018

"SLEEP AND DEMENTIA"

Guest Presenter: Charlotte Lundy, RN, BA
Community Services Network

September 27, 2018

"DEEP BRAIN STIMULATION ~ DBS"

Guest Presenter: Amanda Kelly
Medtronic

Support Group Planning Team

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

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