

# OCTOBER 2016 NEWSLETTER

## STEP FORWARD 2016

We had a wonderful time celebrating with the local Parkinson community at our annual Step Forward walk on September 24! Everyone's creative fundraising efforts were impressive, and we loved seeing such a strong sense of generosity and community spirit.

As of October 9, we have raised \$90,294.99 and that total is still climbing each day. You can add to this year's total through the end of October by donating at [www.stepforwardpittsburgh.org](http://www.stepforwardpittsburgh.org).

We thank our major sponsors and all the volunteers who worked to make Step Forward 2016 happen, including Jamie Heagy, our Walk Chair, who did a tremendous job.

*"My first walk for any charitable cause was a terrific experience thanks to you and the other organizers."  
- Joe Adler, Step Forward Participant*



## MARK YOUR CALENDAR NOW

**Step Forward 2017 will take place on  
Saturday, September 30, 2017.**

Are you interested in helping us plan the event? We are looking for people who organized creative fundraisers to develop some "How I Did It" fact sheets to teach us about their methods and keep us motivated. You can teach one another (and us!) so much about how your passion and commitment make all the difference in successful fundraising events.



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**Executive Director**  
 Barbara Farrell

**Director of Programs and Outreach**  
 David Von Hofen, M.S.

**Director of Development**  
 MJ Meenen, J.D.

**Associate Director of Programs and Social Support**  
 Maggie Larter

**Associate Director of Social Support and Outreach**  
 Casey Kasperik, LPC

**Administrative Assistant**  
 Kadidja Macina

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Parkinson Foundation Western Pennsylvania  
 575 Lincoln Avenue Suite 101  
 Bellevue, PA 15202  
[www.pfwpa.org](http://www.pfwpa.org) • [info@pfwpa.org](mailto:info@pfwpa.org)  
 412.837.2542

# IN MEMORY



Dr. Peter Jannetta

Earlier this year, the Parkinson’s Foundation lost one of its esteemed board members, Dr. Peter Jannetta.

Peter was a member of the PFWPA’s board since 2009 and was instrumental in helping us connect with the medical community in the Pittsburgh area. Peter worked tirelessly and with great enthusiasm on our fundraising efforts and continued to support the foundation to the very end of his esteemed career.

We will miss his presence, but remember him fondly.



### Holiday Shopping? Do it with a SMILE!

By signing up for Amazon Smile and picking us as your charity of choice, we will receive a portion of your purchase price with each and every purchase. Visit <http://tinyurl.com/PFWPA-amazon>, or call us at 412-837-2542 to learn more about this program.



### It’s United Way Season!

Does your company hold a United Way Drive? As a donor, you can participate in Contributor Choice and direct your donation to a charity that aligns with your values. PFWPA would be honored to be your choice. You may designate us by using our **UW#: 885037**

# A LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

I hope you enjoy this update from PFWPA. Since we last wrote to you during Parkinson's Awareness Month in April, so much has happened to strengthen the Parkinson's community in our region! As you'll see in our featured articles, our programs have grown in all areas: educational, support, exercise and face-to-face case planning. The net result is that individuals and families impacted by PD feel the support, and know there is somewhere to turn for up-to-date advice and programs.

More than 200 people came to the U.S. Open at Oakmont to serve guests, and raise awareness and funds. Also, more than 600 people came to Step Forward, after conducting peer-to-peer awareness campaigns that were a big success. Additionally, one special lady, from across the pond, put her feet to the pavement for a dear friend and raised \$13,000 in the process.

The best part of our day is when we hear from people like Jean and Fred (whose stories are featured in this issue) telling us that programs and friendship make a huge, positive impact.

Together we look for more stories of hope to share with you.

Warmly,



Barbara Farrell  
Executive Director

## WELCOME TO OUR NEW PROGRAM STAFF!

We are thrilled to welcome Maggie Larter and Casey Kasperik to our program staff! Along with Director of Programs and Outreach David Von Hofen, Casey and Maggie plan and deliver a range of educational and support programs such as Powerful Tools for Caregivers, Lunch and Learns, Music Therapy and our annual conference. They also meet with Cahouet Center and PFWPA clients one-on-one for comprehensive case planning.

Maggie previously was a program specialist at CLASS where she taught life skills to adults with disabilities. Her energy and compassion shine through in her daily interactions with both clients and colleagues.

Casey's previous post was as a Licensed Professional Counselor at Samaritan Counseling Center. She said she is excited to use her counseling background in such a dynamic organization where she has a personal connection with Parkinson's disease.

More staff means more programs in action, which translates to higher client engagement!



Maggie Larter and Casey Kasperik

# CLIENT SPOTLIGHTS: STORIES OF GRACE AND PERSEVERANCE



Jean Wolf with Susan Buhr, Delay the Disease instructor

## Team 575 Gets Moving to Delay the Disease

The incredibly inspiring group that makes up Team 575 (named in honor of our home office at 575 Lincoln Ave.) knows that staying in motion and engaging a healthy lifestyle can work wonders for those living with PD. The group works out together three days per week using Delay the Disease, an evidence-based, Parkinson's-specific fitness program designed to proactively minimize tremors and improve flexibility, stability, balance and strength.

Delay the Disease has positively impacted many people living with PD, including our friend Jean Wolf, whose story is one of hope and perseverance.

Jean's mobility declined significantly in January 2015 due to complications with Parkinson's compounded by another health issue. Various types of therapy helped, but the Delay the Disease program had a profound impact on her.

Jean relied on a walker for her first Delay the Disease class, and quickly progressed to only needing a cane. After attending classes three days per week for just one month, Jean happily said goodbye to her cane and was walking on her own!

Jean tried other exercise programs in the past, but nothing has compared to this program catered to people with PD. Not only does she enjoy the curriculum, but the caring group of class members has provided a wealth of emotional support.

At PFWPA, we love seeing the camaraderie and support that comes along with the physical movement during our Delay the Disease classes. It's the "whole package" that makes an impact!

We hope to see you in class soon! To find a program near you, please call us at 412-837-2542 or visit our website at [www.pfwpa.org](http://www.pfwpa.org).



Fred Schultz

## PD Support Groups Where Everybody Knows Your Name

*"Sewickley Support Group is the 'Cheers' of support groups!"*

For many people with Parkinson's, support groups are as important to their well-being and treatment as any medical or pharmaceutical therapy. While each support group is unique in their meeting formats and topic focuses, each one fosters a strong sense of community.

Fred Schultz, an avid learner and active individual with PD, is a member of one of our local support groups in Sewickley. For him, the support group has been an invaluable resource for information gathering, sharing and support. To quote Fred, the group is "like the 'Cheers' of support groups!" Everyone knows your name. He really found hope by meeting another member who also has both Parkinson's and Lymphoma.

Fred is appreciative of the knowledge he has gained through the group, especially regarding medication and the Delay the Disease program. He shared that he has greatly benefited from staying active, remaining positive and being receptive to new learning opportunities. Fred is living a full life and approaching Parkinson's with an open mind. He said he is willing to be a participant in research studies and trying new treatment approaches – all steps that have improved his quality of life!

# UPCOMING EDUCATIONAL PROGRAMS

November 2016

## Living Well Annual Conference

Saturday, November 5, 2016

8:30 a.m. – 3:30 p.m.

DoubleTree by Hilton in Greentree

This will be a highly informative and engaging conference! The theme for this year's Living Well Conference is "Helping You Live a Balanced Life." Former Major League outfielder Dave Parker, member of the 1979 World Series Champion Pittsburgh Pirates, will kick off the day by sharing his personal story of living with Parkinson's disease. We look forward to a day full of enrichment, education and fellowship within the Parkinson Community focusing on a balanced, holistic lifestyle with PD. We'd love to see you there!

*Registration is required. To register, visit our website [www.pfwpa.org](http://www.pfwpa.org) or call us at 412-837-2542.*



Dave Parker

February 2017

## Lunch & Learn: Integrative Approaches to Parkinson's Disease

Thursday, February 9, 2017

11:30 a.m.

Allegheny Health Network Suburban Campus in Bellevue

Learn practical information about Parkinson's disease, make valuable connections with others living with PD and enjoy a light lunch at this free event. The presenters will be announced soon.

March 2017

## Professional Training on Mood and Cognitive Issues

Friday, March 10, 2017

Registration and Continental Breakfast at 8:30 a.m.

Program from 9 a.m. – 3 p.m.

Allegheny Health Network Suburban Campus in Bellevue

Supported in part by the Staunton Farm Foundation, this training is designed for social workers and other mental health professionals who interact with PD patients. Dr. Sarah K. Lageman, Program Director of Neuropsychology and Assistant Professor at Virginia Commonwealth University, will present the training using lectures, vignettes and class interactions to address diagnosis and treatment of mood and cognitive changes. Participants will also learn about the impact these mental health symptoms can have on family dynamics. Continuing education credits will be provided.



Dr. Sarah K. Lageman

# DONOR PROFILES: DON, NANCY AND LUANNE



Don Arnheim and Nancy Rosenthal at Step Forward 2016

Siblings Don Arnheim and Nancy Rosenthal participate in Step Forward each year, walking and raising money in remembrance of Zev and Stu. Stu served on the PFWPA Board of Directors for several years, and helped build a strong organization. Don said, "We do this to remember the people from the past who have been affected by Parkinson's."

We are so grateful for the work and passion that Don and Nancy put into Step Forward. They are committed to the goal of raising awareness and expanding innovative programs in our region. Their outreach efforts have raised over \$110,000 in the past six years, a truly impressive accomplishment.



Lu's Crew at Step Forward 2016

Luanne Radermacher, team captain of Lu's Crew, has served as walk co-chair, tailgate winner donor, conference planner, best individual Step Forward fundraiser and all around wonderful ambassador for the Parkinson's community. Luanne met us through George Mitchell, former board president, and has since been involved with PFWPA in more ways than we can count.

Luanne's amazing spirit lightens every room she enters. We thank her for her many years of counsel and support, and most of all, for her friendship.

***Heartfelt thanks to these amazing PFWPA leaders!***

## A LONG RUN FOR FRIENDSHIP



Alison Williams

Special thanks goes to Alison Williams, a friend of Dave Goss (former PFWPA Board Member and longtime supporter of our local programs), who ran the Pittsburgh Marathon this spring in Dave's honor.

She trained in the streets of London and sought support from friends far and wide, raising \$6,547. With employer matching, her total grew to more than \$13,000. That's what friends are for!

Great job Alison, who is pictured here with her marathon medal. We are so grateful to both Alison and Dave for their passion and commitment to helping others!

Connect With Us!



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# 2016: A YEAR OF PROGRAM GROWTH

This year has been an amazing one for PFWPA, full of meeting and getting to know so many new clients and their families. Our mission in action is growing with each new or renewed contact, and our support, exercise and educational programs have all expanded.

Examples of our program growth in 2016 include:

- Three new support groups started, with two more in the works
- Four new Delay the Disease classes added, with two more planned to start soon
- A new Foundations class
- Two six-week Powerful Tools classes
- The start of Pittsburgh Sings!, a music therapy choir

Client Service Summary 2016	
<b>Count</b> <i>Total number of contacts served since Jan. 2016</i>	665
<b>New Contacts</b>	258
<b>Known Constituents</b> <i>Already receiving services</i>	404
<b>Comprehensive PD Clinic</b> <i>Cahouet Center Clients</i>	202
<b>PFWPA Clients</b>	447
<b>Persons with PD</b>	392
<b>Support Person/Family</b>	200

## UPCOMING EVENTS

June 23 - June 25

### The Pickleball Classic

The Pickleball Classic returns to the Burgh!

Save the date for the second annual Pickleball Classic Tournament benefitting PFWPA. It will be held June 23-25, 2017 at the David L. Lawrence Convention Center.

Why not participate in the fastest growing sport in the country? Last year was a blast, and the event raised more than \$10,000 to support our mission and programs!

Registration opens in January 2017. To learn more, go to [www.pickleballclassic.org](http://www.pickleballclassic.org).





*Perseverance. Grace. Purpose.*

Our mission is to provide support and services for those with Parkinson's disease and their families, and to support medical research to discover the cause and cure.

Enclosed is my gift:

\$25    \$50    \$100    \$250    \$500    \$1000    Other amount

My gift is in:   honor of:   memory of:

Name(s): \_\_\_\_\_

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Your information:

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Please clip and return, with your check, made payable to: **Parkinson Foundation Western Pennsylvania**

Send checks to our office  
**575 Lincoln Avenue Suite 101  
Bellevue, PA 15202**

To donate by credit/debit card, please visit our website, [www.pfwpa.org](http://www.pfwpa.org), or call **412.837.2542**.

The official registration and financial information of Parkinson Foundation Western Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1.800.732.0999. Registration does not imply endorsement.

We appreciate your generosity!