



Parkinson's Network North December Newsletter

December 10th meeting notes

DONATIONS ALWAYS ACCEPTED THROUGH OUR WEBSITE:

www.pnntc.org "donate" tab

VISIT OUR FACEBOOK PAGE: parkinsonsnetworknorth-new

(Editor's Note: Each month Jennifer Haskell will write a brief review of what happened at the support group meeting.)

*From: Jennifer Haskell

We started our meeting off with greeting comments from Chris and Ruth; there were 33 attendees at this meeting.

- we welcomed Hettie's daughter, Kathleen
- we welcomed a new attendee, Brian

The tables were beautifully decorated by Naomi and others. **Thanks** to Oleson's for the yummy food trays 😊

Lisa George joined us and she led 3 "Ageless Grace" numbers with movement to Christmas music. Everyone had fun!

Go to: www.brightletics.com for a complete list of the Ageless Grace classes in our area. **Coming Soon:** TADL on Woodmere, 12/23, noon, free class!

Everyone played a crazy game for gift distribution led by RuthAnn & Chris. We all went home with a "treasure!"

Member Question: Is there a place in our community where my Person with Parkinson's can stay for a short time, so I can have time for my own needs?

There are several private agencies (search for "respite care near Traverse City") that could be helpful. Rates vary.

Also, the Grand Traverse County Commission on Aging offers short term, ongoing respite care. Details are at: <https://www.gtcountymi.gov/768/Respite>

The Grand Traverse Pavilions has an Adult Day Program right at the Commons. Go to: <https://www.gtpavilions.org/our-community/adult-day-respite-services/>

Member Question: Where can I access donated assistive devices?

The "Love Thy Neighbor" equipment cupboard is located at Faith Reformed Church, Front St., T.C. - Items are free – 231-941-5683

Need a Wheelchair or sliding shower chair or disposable briefs?

*Wheel Chair (no foot supports) and gait belts

*Unique sliding shower chair; it can rotate 90 degrees in the shower

*Attends size M briefs (waist 34-44)/ male or female use/ multiple boxes!

Please contact: Chris Geiger, PNN member, ruggers1@aol.com or 231-631-8798 (also text)

New Research Findings: Michael J. Fox Foundation Year End Report – Great information about several efforts to recognize PD earlier; manage symptoms; plan future studies and developments. Read online, or download and print your copy!

<https://viewer.joomag.com/2024-year-in-review/0182032001730756119/p48?short=>

2025 SUPPORT GROUP MEETINGS & EVENTS (So many choices to help you beat the winter blues!) Save or print this list!

PNN Daytime Meeting – 2nd Tuesday each month – TC Presbyterian Church – 1-3PM

PNN Evening Meeting – 3rd Wednesday each month – Foster Family Center, Munson Ave – 6:30 PM

MPF Leelanau Meeting – 1st Thursday each month- Leland Library – 4:30

MPF Williamsburg/Acme Meeting – 1st Tuesday each month – Feast of Victory Church – 1PM

MPF Rock climbing will be the following dates in 2025 from 10am to noon: January 21, April 29, July 29 and October 28! Reservations requested.

Contact Torrey Davenport – tdavenport@parkinsonsmi.org

Palomino PT Meeting – 1st Monday of each month – noon - drmario@palominopt.com

Questions for Parkinson's Network North?

pnntcmi@gmail.com

pnntc.org (contact page)

Enjoy more pictures on the next pages ...



