

Thursday, July 9, 2026
Driving and Parkinson's

Thursday, May 14, 2026
Building Bridges - Self-Concept

Thursday, April 9, 2026
Building Bridges

Thursday, March 12, 2026
Dr. Adam - Dr. Adam - a neurologist practicing at Albany Medical Center

Thursday, February 12, 2026
Building Bridges - Relationships

Thursday, January 8, 2026
Options for Aging in Place and Senior Living

**Thursday, December 11, 2025, November 8, 2018, ,April 10, 2025, January 12, 2023,
February 15, 2020, September 14, 2017**
LSVT LOUD and LSVT BIG

**October 9, 2025, November 9, 2023, October 10, 2024, October 13, 2022, October 14, 2021,
October 8, 2020.....**

**Dr. Eric Molho. Director of the AMC Movement Disorder Center. Has been speaker in
Sept or October for many years**

Thursday, September 11, 2025
Nutrition - Fran Weiss, MS RDN CDN, a Hannaford Dietitian

Thursday, August 14, 2025
Parkinson's Center YMCA

Thursday, June 12, 2025
**VYALEV - a continuous levodopa-based therapy - Scott Parmelee, MS, MB Neuroscience:
Parkinson's Account Executive**

Tuesday, May 20, 2025
Creativity has been shown to be helpful for people with Parkinson's

Thursday, May 8, 2025

Presentation from Dr Era Hanspal, Albany Med

Abbott Deep brain stimulation

Thursday, February 13, 2025

Using Art as a Way of Calming

Thursday, December 12, 2024

PD Creativity

Thursday, November 14, 2024

Dr. Sarah Gutenmann - Doctor of Physical Therapy

Thursday, September 12, 2024

Becky J. Bernhardt - Understanding and getting the most out of Occupational Therapy

Thursday, August 8, 2024

Representative from the Parkinson's Foundation - Stay Safe During a Hospital Stay

Thursday, June 13, 2024

Resources on our website and spotlight on some exercise leaders

Thursday, May 9, 2024

Duopa - A prescription drug that treats PD by delivering carbidopa and levodopa directly into the small intestine through a surgically implanted tube.

Thursday, April 11, 2024

YMCA Exercise for Parkinson's

Thursday, March 14, 2024

John O'Leary - live more thoughtfully, more boldly and more inspire

Thursday, February 8, 2024

Falls Prevention and Parkinson's

Thursday, January 11, 2024

Deep Brain Stimulation (DBS) Therapy

Thursday, October 12, 2023

Social Security and Medicare 101: xxxx not recommended for repeat

Thursday, September 14, 2023

Outdoor Activities for People with Parkinson's

Thursday, July 13, 2023

Neurologic Music Therapy: Clinical Application of Music for Parkinson's Disease

Thursday, June 8, 2023

Downsizing Your Home - What you need to know

Presented by Nina Sher and Liz Halvorsen

Thursday, May 11, 2023

Driver Assessment and Rehabilitation - by Donna S. Tice, OTR/L, CDI, CDRS, Sunnyview Rehab Hospital

Thursday, April 13, 2023

Yes, And...Exercise! Improv Session Hybrid Online and in-person meeting. Join Dr. Robert Cochrane for an hour of fun, engagement and cognitively challenging improvisation and storytelling games

Thursday, March 9, 2023

Long Term Care Options and Costs - Melonie Pratt and Renee Birnbaum, advisors from Choice Connections NY, A Free Senior Housing Advisory Service

Thursday, February 9, 2023

How to Keep an Upbeat Attitude in a Challenging World - Motivational Speaker Dr. Alan Zimmerman

Thursday, November 10, 2022

Dr. Gilbert - "Hacks, Tips and Tricks for Living with Parkinson's"

Thursday, September 8, 2022

Self Care is the New Health Care.- Patty McGee, RN, MSN and Integrative Nutrition Health Coach

Thursday, July 14, 2022

Keeping the Lines of Communication Open - 15 Tips for Masterful Listening

Thursday, June 9, 2022

Age in place - Lynda Shrager,

Thursday, May 12, 2022

Nancy Nealon - Parkinson Foundation's on line PD Health@Home Events

Thursday, April 14, 2022

Nancy Hovey "Caring for the Caregiver"

Thursday, March 10, 2022

Overview of the 6th edition of the "Every Victory Counts" manual from the Davis Phinney Foundation

Thursday, January 13, 2022

Financial planning - Speaker: Steven E Herweyer

Friday, November 12, 2021

speak and listen to each other.

Friday, October 15, 2021

October 15, 2021 - Aging in Place: Your Home for Your Lifetime

Thursday, October 14, 2021

October 14, 2021 - Medication Management for Older Adults

Thursday, September 9, 2021

Duopa, a PD treatment option.

Thursday, July 8, 2021

"Your Doctor and You" Guided discussion about how to prepare and get the most out of a Dr visit.

Thursday, June 10, 2021

Abbot DBS

Thursday, May 13, 2021

Stephanie Longston, Occupational Therapist - Overview of AMC Outpatient Occupational Therapy

Thursday, April 8, 2021

Dr. Michele Dagostine and Adamas Pharmaceuticals present about Gocovri

Thursday, March 11, 2021

How care partners can help a PWP in daily living without injuring themselves - Dr. Sarah Cipperly, PT, DPT

Thursday, February 11, 2021

Michael Burns of MopCo theater will lead us in improv comedy

Thursday, January 14, 2021

Diet and nutrition. Fran Weiss - Dietitian for Hannaford,

Thursday, November 12, 2020

Dr. Robert S. Fox, - Eye and vision issues in PD

Thursday, September 10, 2020

Care Management: Strategies for Successful Aging

Thursday, August 13, 2020

Sunnyview Rehabilitation Hospital's Driver Rehabilitation Program.

Thursday, July 9, 2020

Martel Catalano - founder of Beyond My Battle

Thursday, June 25, 2020

"PARKINSON'S IS STRESSING ME OUT!"

Thursday, June 11, 2020

Ella DiPietro, owner of Saratoga CBD Co.

Thursday, May 28, 2020

Creativity has been shown to be helpful for people with Parkinson's

Thursday, May 14, 2020

Lynda Shrager - Simple modifications that can help seniors make their homes safer and easier to navigate etc

Thursday, April 30, 2020

topics for discussion will be up to you.

Thursday, March 26, 2020

ZOOM get together

Thursday, March 19, 2020

on-line ZOOM meeting

Saturday, January 11, 2020

DBS

Saturday, December 14, 2019

Holiday Get Together

Thursday, November 14, 2019

Rytary Taking “ON” Parkinson’s Disease Presentation by Duarte Machado, MD

Thursday, September 12, 2019

Recognizing OFF Periods Dr. Durphy, INBRIJA

Thursday, July 11, 2019

Reflections from the World Parkinson’s Congress in Kyoto Japan

Thursday, June 13, 2019

Michael Burns -Mop & Company, will lead us in improv comedy.

Thursday, May 9, 2019

**Dr. Robert Fekete, Movement problems in Parkinson’s Disease. With Brian Bennati
Adamas Pharmaceuticals, Inc.**

Thursday, April 11, 2019

Albany County Department for Aging

Thursday, March 14, 2019

Deb Foss – Yoga

Thursday, February 14, 2019

Tom Ford – Massage therapy

Thursday, January 10, 2019

Susan C. Hare, Albany ENT Speech, Swallowing,, Voice

Saturday, December 8, 2018

Holiday get together

Thursday, September 13, 2018

DBS – Dr. Jennifer Durphy, with Christopher Henessay representing Abbott Infinity

Thursday, August 9, 2018

Rachel Kurtz – Holistic Health Coach

Thursday, June 14, 2018

Chrissy Stack – MedRhythms music therapy.

Thursday, May 10, 2018

Laughter is the best medicine – Michael Burns

Thursday, April 12, 2018

Caregivers share questions and experience separate from people with Parkinson's

Wednesday, March 28, 2018

Dr Jennifer Durphy – anxiety and depression in P

Saturday, February 10, 2018

Steve Hovey – Davis Phinney Foundation Ambassador : A wellness approach to dealing with Parkinson's

Saturday, January 13, 2018

Rachelle Smith-Stallman, Dance Through Parkinson's instructor

Friday, December 8, 2017

December 9, 2017 Holiday Get Together

Thursday, November 9, 2017

Open discussion about living with PD.

Thursday, August 10, 2017

Using Technology to Help Manage Parkinson's

Thursday, June 8, 2017

Karen Wood from PharmaCannis Medical marijuana

Thursday, May 11, 2017

DUOPA – Heintje Calara

Thursday, April 13, 2017

Lynda Shrager – safely access and navigate homes

Thursday, March 9, 2017

Dr. Vishad Sukul on DBS

Thursday, November 10, 2016

Tips from Physical and Occupational Therapists provided by Noto Physical Therapy.

Thursday, October 13, 2016

Nancy Janosi of the Bethlehem Y – an Intro to PD Wellness

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Event Topics and Themes

- Cover a wide range of Parkinson's management, including medication options, deep brain stimulation, and new therapies like VYALEV and Duopa.
- Emphasize non-pharmacological approaches such as exercise, occupational therapy, speech therapy, music therapy, and creative activities.
- Address practical issues like driving safety, aging in place, home modifications, and fall prevention.
- Include sessions on mental health, self-care, caregiver support, and maintaining relationships.
- Highlight resources from organizations like the Parkinson's Foundation and Albany Medical Center.

Key Speakers and Presenters

- Notable experts include Dr. Adam, Dr. Eric Molho, and Dr. Murphy, covering neurology, deep brain stimulation, and Parkinson's treatments.
- Guest professionals such as dietitians, occupational therapists, and motivational speakers contribute diverse perspectives.
- Community leaders and caregivers share personal experiences and practical advice.

Event Format and Focus

- Mix of in-person, online, and hybrid meetings.
- Topics range from medical treatments to lifestyle, mental health, and safety.
- Recurrent themes include creativity, communication, and staying active.

Overall

- The series aims to educate, empower, and support individuals with Parkinson's and their caregivers through expert talks, practical tips, and community engagement.