

**Welcome to the First Edition of the
Parkinson's Foundation New York & New Jersey
Chapter E-newsletter!**

On behalf of your chapter staff we're pleased to launch this new communication tool to keep you connected and up-to-date about chapter activities.

News You Can Use

Symposium news: Did you miss the joint Buffalo/Rochester symposium held in September? No need to fret, click [here](#) to be connected to the video recording.

Resources listed in one place: we are pleased to share that an updated list of support groups, wellness programs and exercise classes are now easily accessible via our chapter website. Click [here](#) to explore all that is available.

Moving Day Corner



In Case You Missed It....

[Click here](#) to watch virtual Moving Day Rochester

[Click here](#) to watch virtual Moving Day Buffalo

[Click here](#) to watch virtual Moving Day New Jersey

SAVE THE DATES:

[Moving Day Westchester](#): Saturday, April 10, 2021

[Moving Day Central NY](#): Sunday, April 25, 2021

[Moving Day Southeastern PA](#): Saturday, May 22, 2021

[Parkinson's REVOLUTION](#): Saturday, June 12, 2021

Upcoming Virtual Parkinson's Education Programs for NY/NJ:

We are committed to everyone's health and safety therefore we will continue to provide virtual programs until the day it is safe to be back in-person. Virtual programs are a great way to keep *You connected*. There is no fee to participate in any online program however we kindly request that you register in advance.

PD 101 – Thursday, November 19th, 1:00pm – 2:30pm
Featuring Katherine Amodeo, MD, Mid-Hudson Regional
[View recording here](#)

A Report to the Community: Improving Hospital Stays for People with Parkinson's disease. Saturday, December 12th 1pm – 2:00pm
[View recording here](#)

This purpose of this webinar is to provide a status report to the Parkinson's community regarding the *Hospital Optimization Project*. This project was developed by the URMC Neurology Department and funded by a Parkinson's Foundation community grant.

For more information or to register contact Nancy Nealon at 585-234-5355 or nnealon@parkinson.org

2021 education programs will be listed soon at: www.Parkinson.org/nynj

New to Zoom or want more practice: we've got you covered. Go to: www.parkinson.org/zoom. You'll find very helpful, easy to use videos to make you a Zoom star!

PD Health @ Home news:



And there's more to help keep you connected, it's called PD Health @ Home. Three days a week, a variety of virtual educational and wellness programs are offered. Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. Use this [link](#) to check out all the great programs and register for as many as you'd like. You can check out past programs as well.

Parkinson's Foundation Expands PD GENERation Research Study to Include Genetic Testing and Counseling At-Home and in English and Spanish

“I'm becoming part of the PD GENERation to get a better understanding of my disease, and to contribute to research that will improve future care.”



PD GENERation: Mapping the Future of Parkinson's Disease is an initiative that offers genetic testing and genetic counseling at no cost for people with Parkinson's disease. After a successful pilot program, we are thrilled to announce that the PD GENERation study has launched its next step: a genetic test that can be completed at home.

Now, more than ever, we know that having an at-home option is vital to reaching people with Parkinson's. Participants of the study can now submit their test using an at-home kit and review their results with a genetic counselor virtually. All available at no charge to the participant in English and Spanish.

To learn more about how to enroll, visit: [Parkinson.org/PDGENERation](https://parkinson.org/PDGENERation) or you can schedule an appointment by emailing: genetics@parkinson.org.

Community Corner

Dan Schoenthal

By: Chris Jamele



When I first met Dan Schoenthal in 2019, deer season wasn't a week old, but the Great Valley, NY resident had already bagged a trophy buck. Even before I learn of his hunting prowess, Schoenthal gave the impression of being an outdoorsman. He was mild mannered, defined his surroundings through natural landmarks and spoke more of hills, trails and woods than of indoor comforts. For many months, the outdoors will be Schoenthal's home as he has embarked on a 6-month trek from Georgia to Maine along the Appalachian Trail.

The Appalachian Trail snakes through fourteen states, covering nearly 2200 miles of rolling hills, steep mountains and forested valleys connecting Springer Mountain in Georgia to Mount Katahdin in Maine. Hundreds of through hikers conquer the trail each year, but what makes Schoenthal's effort remarkable is that he has Parkinson's disease. "I'm not going to let this

disease eat me up,” he says with conviction. This is not bravado. It is simply the reality that staying active is a must.

Schoenthal’s diagnosis came in 2015. “Looking back, I’m sure that I had symptoms eight to ten years before the neurologist in Olean mentioned Parkinson’s disease,” he said. Stiff muscles and a tremor preceded a slowed gait. He contends that his case stems from time spent at McClellan Air Force base in California. He said that the water at the base was contaminated, and he knows many other people exposed to the same water source who have been diagnosed with serious illnesses.

Fifteen years in the Air Force and time spent as a pipe fitter tell of Schoenthal’s toughness. His 55-year-old body is still compact and muscular. He trained for the trip by hiking the hills and trails near his Southern Tier home and hitting the elliptical at the Olean YMCA. He also ran and rode an exercise bike.

Due to a delay caused by the COVID-19 pandemic, Schoenthal didn’t hit the trail until early August this year, beginning at Springer Mountain. He hiked until nearly the end of September, breaking for the winter. He has covered approximately 300 miles, scaling elevations that approach 7,000 feet. Schoenthal is home resting, but he will soon be preparing for completing the trail next year, beginning in April at the point where he left off. He expects to reach Mount Katahdin by late summer.

Hiking the trail has been a long-time ambition for Schoenthal, and he is using the effort to bring awareness to PD and to raise funding for the Parkinson’s Foundation. His effort has gained national attention. *USA Today* interviewed him on the trail and published a great piece, which you will find [here](#). The *TODAY Show* has also expressed interest in his story. Hikers and fellow Parkinsonians from all over the country have messaged him through his Facebook page. One North Carolina man, who is also battling PD, was inspired enough to offer to join Schoenthal on the trail next year. Those conversations are still ongoing.

You can follow Schoenthal’s adventure through this [link](#) or by searching “dan schoenthal appalachian trail” on Facebook. He has been sharing photos, videos and insights. He recorded an inspiring video message to everyone in the PD community while hiking. [You can see it here](#). To make a donation, please call 716 449-3795. Monies raised will help support the Parkinson’s Foundation’s mission of assisting the PD community through improved care, educational resources and advancing research.

Do you have questions? We're here for you. Please contact us at:

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Tell us what you think about our new e-newsletter: nynj@parkinson.org