

February 6, 2020
Parkinson's Disease 101: Basics & Beyond
(max 20) | 2-3:30 PM

If you're newly diagnosed or needing to learn more about Parkinson's disease, this program includes the initial signs and symptoms, treatment options, typical diagnostic testing, management of non-motor symptoms, and resources available for those with PD and their caregivers and family.

Location: Spectrum Building conference room, first floor (next door to PRO office)
354 NE Greenwood Ave, Bend

Presenter: Carol Pfeil, Program Coordinator
[Click Here](#) to register

Communication Skills Group Coming !

Save the date: April 7 - May 26
(Must have 12 participants)

Other PROgrams and Events

Monday, March 23 | 12:00pm - 1:00pm
Ending Parkinson's Disease
Online Education with Dr. Ray Dorsey

Friday, April 24
40th Anniversary PRO Gala, Portland
[Click](#) to learn more

Friday, March 20 | 1:00 - 2:30
Dr. Joseph Quinn, MD OHSU
Prineville Education event

Saturday, May 9th | 12:00-5:00
Educate.Inspire.Empower
Parkinson's Conference, Salem
Register [HERE](#)

[Details & Registration](#)

Bottle Drop Give Program

Ongoing

Blue Bag Bottledrop Fundraiser

...get a Bottledrop blue bag, fill it with recyclable glass bottles and aluminum cans (don't squish them), and turn it in at Bottledrop (Bend, Redmond, Sisters, Hermiston) to support PRO. Pretty easy.

Details: PRO office: 541.668.6599

Support Group Calendar

Central and Eastern Regional Support Groups

Support groups are a great place to connect with others, learn tips and tricks for difficult situations, and find a community of care. Parkinson's Resources of Oregon (PRO) has over 70 support groups in our network, each led by a PRO trained and supported volunteer.

Please call before attending your first meeting to make sure there have been no last minute schedule changes and confirm location. Don't see a group that addresses your needs? Contact Carol at 541.668.6599 to find out what it takes to become a volunteer leader.

You can find it here: [PRO CENTRAL OREGON CALENDAR](#)

Bend 2/19/2020

3rd Wednesday, 2-3:30 PM

PRO office: 541.668.6599

Carol Clupny author of *The Ribbon of Road Ahead*

Harney County (meets in Hines) 2/18/2020

3rd Tuesday, 5:30 PM

Janet - 541.589.0903 or

stkhorse1966@yahoo.com

Share & Care

Hermiston 2/3/2020

First Monday, 12:00 PM

Location may vary

Carol Clupny- 543.720.4256

Share & Care

La Grande

No meeting February or March 2020

Resuming April 2020

No meetings February.

Madras (May - October only)

Next meeting in May 2020

Pendleton 2/17/2020

3rd Monday, 1 PM

Sharon- s.manness@hotmail.com

David- 541.969.9119

Share and Care

Prineville 2/14/20

Share & Care

2nd Friday, 1 PM
Linda- lindajebbers@gmail.com
Tina- tgriggs469@gmail.com

Redmond 2/5/2020
1st Wednesday 1-2:30 pm
Ginny - 541.548.6310

Sisters 2/11/2020
2nd Tuesday 2-3:30 pm
Laura - 541.359.9250 or
PRO office- 541.668.6599

Caregivers Support Groups *Care givers only*

Bend 1/8/20
2nd Wednesday, 1:30 -3 pm
Kay - 541.388.1706

4th Wednesday: *Care giver Friends* informal get-together. Call in advance for location and time.
Kay - [541.388.1706](tel:541.388.1706)

3rd Thursday - Call to confirm
Care givers of Newly Diagnosed PD (Diagnosis 0-5 years)
Caryn - 206.799.1531

Redmond 2/26/20
4th Wednesday, 1-2:30 pm
Susan- 503.319.4681

Interested in a Tele-Support Women-Only PD Support Group?

Join several women all over Oregon and SW Washington for a phoned-based support group. First Monday of the month.
Nicol 253.226.4069 or nicolwalsh1@gmail.com

Valentine's bingo with Mo

Share & Care

Share & Care

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In Our Community

Other Programs and Services of Interest

Each month we try to feature a few other programs or support-services happening in Central Oregon, encouraging wellness with PD. While not sponsored or offered by PRO, the organizers of these programs and services have asked us to help get the word out because they believe the activity to be of benefit for those with PD.

Power Class with Morri

Continuing every Wednesday through 3/11/2020 12:45 - 1:45 PM

Energize Fitness

morri.stewart@gmail.com or 541.771.9226

2/13

Newly Diagnosed with PD Workshop - OHSU Marquam Hill Campus

9 AM - 12 PM, \$20

pcoeducation@ohsu.edu

Every Monday

PD Basics Class - Athletic Club of Bend

1:30 - 2:30 PM, Non-members \$10/class

Kelly: 541.385.3062

Contact Us

Central Oregon Office:

Carol Pfeil

354 NE Greenwood Ave, #108

Bend, Oregon 97701

Hours: Vary, pls call

Phone: 541-668-6599

carol@parkinsonsresources.org

Available by appointment.

Please call as I may be at a support group meeting or other event.

Main Office:

Parkinson's Resources of Oregon - 800.426.6806

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