

Welcome to this weeks Newsletter. We hope you are all keeping safe and well. Please note that our Freephone Helpline 1800 359 359 is open from 9am - 5pm Monday to Friday. If you wish to avail of our Nurse led call back service with Lisa Wynne please phone the Helpline to arrange a call.

### Letter from the CEO Paula Gilmore.

Dear members

I hope this email finds you well.

You will have received notification from the Board last week regarding my resignation.

The PAI has grown and developed under my leadership since 2015, 8 years to the day from when I started and I feel that now is the perfect time to move on. The PAI has never been stronger than it is now. I feel now is the right time to move forward and hand the leadership of the PAI over to a new CEO with new vision, drive and enthusiasm that will take the PAI to the next stage of its development. I am staying on for three months to ensure stability, the recruitment of a new CEO and a smooth handover.

It has been a great privilege to have spent the last 8 years managing the PAI and I will always have the membership, the staff team and the Board close to my heart. I have seen such courage, resilience and bravery in you the members as you live with Parkinson's Disease. It has been a pleasure to have been part of your journey and I wish you all well for the future. I'm sure that I will meet some of you again.

I will be in post until the end of April if you need to contact me.

Kind Regards

Paula Gilmore

CEO

Parkinson's Association Ireland

### DUBLIN BRANCH MEETING

3pm, Saturday 25th February 2023

At the Maldron Hotel, Whitestown Way, Tallaght, Dublin 24, D24 XC9W

WE ARE DELIGHTED TO ANNOUNCE THAT OUR GUEST SPEAKER IS:

Dr Yudy Llamas Osorio, Neurology Consultant, the Mater Private Hospital

She will also answer questions you may have

Tea/Coffee and refreshment will be served afterwards

How to get there:

- The Maldron hotel is across the road from the Tallaght Stadium
- 10 mins walk from the Luas Red Line
- On Bus routes 27, 49, & 54a (Stops 7122 & 7133)
- Just minutes drive from the M50

There is complimentary free parking under the hotel and also plenty of free parking in the adjacent Woodie's car park

We'd be grateful if you can let us know if you plan to attend. Text Kieran Connolly on: 083 105 9922 or email: [Dublinmembership@parkinsons.ie](mailto:Dublinmembership@parkinsons.ie) so we can give the hotel an idea of numbers, **but all are welcome on the day.**

### Are you living in Cork or Kerry and want to support NAI's campaign for community neurorehabilitation services?

Join the Patients Deserve Better meeting with local TDs next Tue 21st Feb at 1pm to call for a community neurorehabilitation team for HSE area CHO 4 (Cork and Kerry).

Community neurorehabilitation teams provide access to vital therapies like neuropsychology, speech and language therapy, physiotherapy and OT for people living with neurological conditions.

Register now at <https://www.eventbrite.ie/.../patients-deserve-better-cho...>

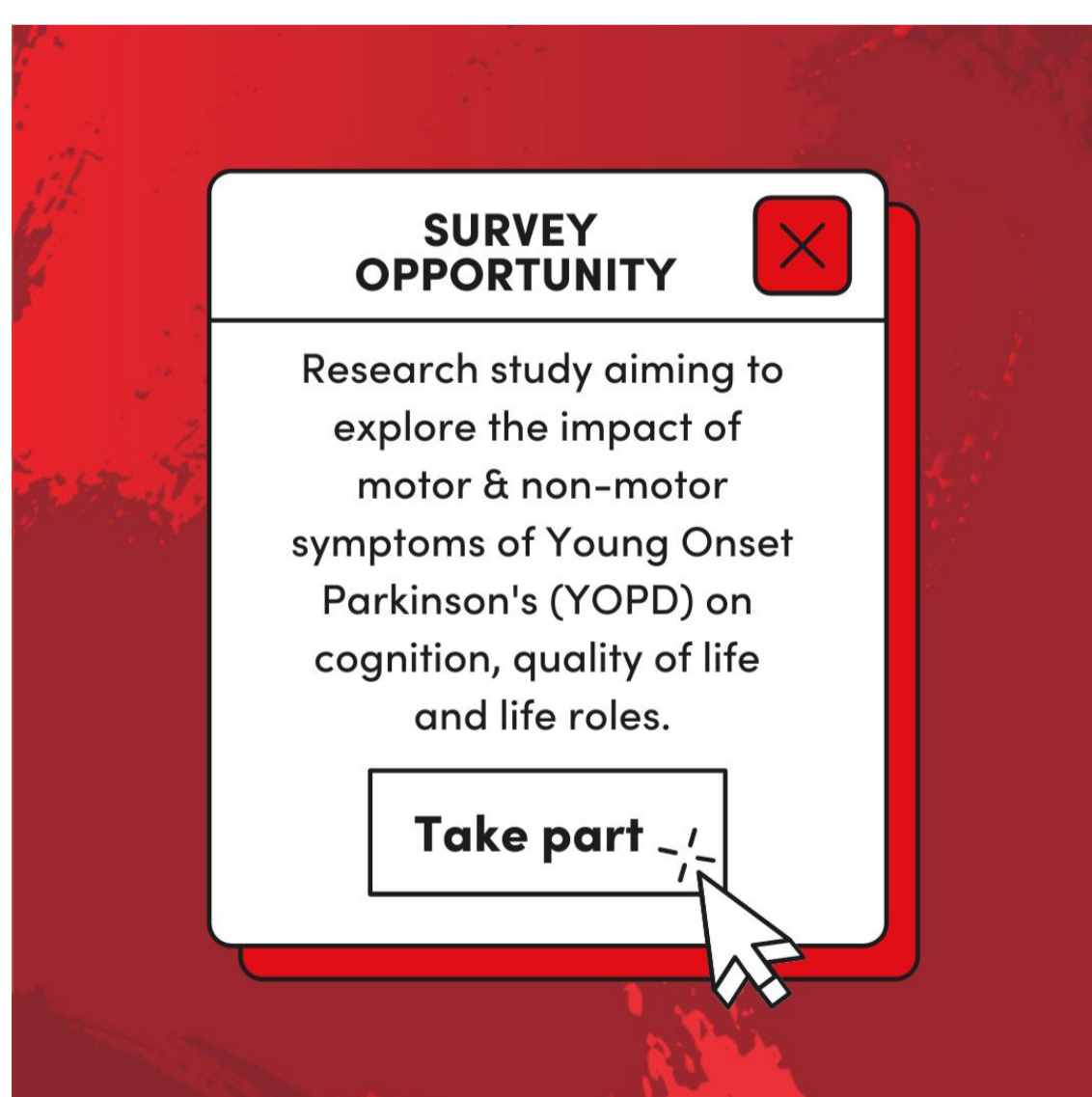
Find out more at [patientsdeservebetter.ie](http://patientsdeservebetter.ie) and follow the conversation

[#PatientsDeserveBetter](https://twitter.com/PatientsDeserveBetter)



If you have been diagnosed with Young Onset Parkinson's (YOPD), prior to 60 years old – Please take this survey! <https://buff.ly/3lfALGk>

This research study aims to explore the impact of both motor and non-motor symptoms of YOPD on – cognition, quality of life and life roles. The research data will be used to design and produce an easily accessible, online symptom management resource.



### Join Dara McMahon for our weekly Zoom Singing Sessions

The sessions are designed for people with Parkinson's, these sessions will help strengthen your voice and manage your Parkinson's in a fun and social way. Simple physical and voice warm-ups, will be followed by some fun and easy songs. No musical ability or experience required!!

Everyone is welcome – a chance to make some new friends around the country.

When - Wednesdays

Time - 12 noon – 1pm

Join Zoom Meeting

Meeting ID - 83456334459

Passcode - 343746



PAI have a variety of classes available to all members online. Please visit [www.parkinsons.ie](http://www.parkinsons.ie) to see if there is something you might be interested in!!