

MDEE

Movement Disorder Education & Exercise, INC.

Mission: to serve people with Parkinson's Disease & other movement disorders through education, exercise, peer support meetings and outreach programs

You got PD, you need MDEE

September/October 2018

Larry Zarzecki – Founder Website: www.mdee/carrollcounty.com

Amy Groves Wilson, Bonnie Lawson & Ted Wilson RSB Certified Coaches

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MDEE News

We have a new Grandpa in the house! Larry's son & wife gave birth to a precious baby boy on Saturday, September 15. Griffin Ray weighs 8 lbs. 5 oz. and is 20 inches long.

Congratulations Grandpa!



Music On Main – New Windsor (music, food, crafts and more)

Saturday, October 6, 2018 1 – 7 pm. Ken and Bonnie are setting up a MDEE booth to bring awareness to our group and if anyone would like to help, please let Bonnie know.

Spaghetti Dinner – Saturday, October 6, 2018 2-7 PM at the

Johnsville United Methodist Church 11106 Green Valley Road Union Bridge

7th Annual Bag Bingo – Ladies, if you enjoy a hand bag that makes a statement support our friend Kathy Holden and the Michael J. Fox Foundation and the 7th Annual bag bingo. Kathy has been there when we needed a hand. Attached is more information.

Four State Alliance For Parkinson's Support – 2019 Parkinson's Disease Community Seminar April 12, 2019 9 AM to 4 PM. It will be held at the Otterbein United Methodist Church 108 E. Franklin Street Hagerstown .

Boscov's Friends helping friends fundraiser – Tickets for a 25% off shopping day, October 16, 2018 8AM to 11PM. Plus free refreshments and chances to win prizes, \$5.00 each. Please support MDEE and help sell the tickets. The entire donation benefits MDEE.



Please throw **that spare change into the fountain at the Westminster Mall**. All money raised will go toward the purchase of an Automated Electronic Defibrillator (AED) and training. A life saved may be yours!



Have You Met.....?

Paul Bognaski has been a member since the beginning and he is quite the character, you never know what he will say!

He was born in Baltimore on September 13, 1939.

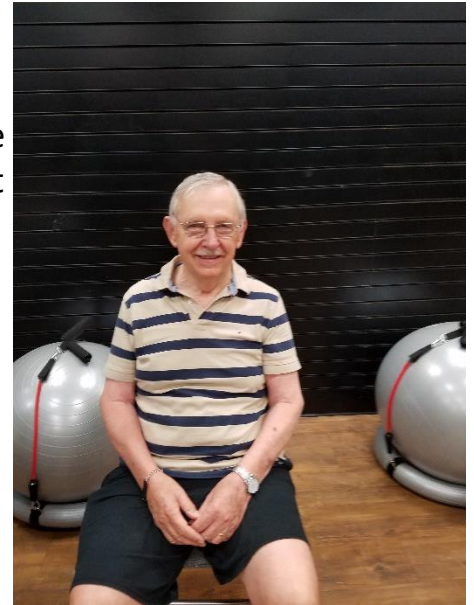
Paul and his two brothers grew up in Baltimore City. Lived there around 15 years and then in Baltimore County for a couple years. Paul and Janet currently live in Mt. Airy, and has for about 16 years. Paul went to Loyola High School and onto the Loyola University, MD.

In 1997, Paul married Janet in Frederick, MD. He has 4 children and one stepson, plus 5 Grandchildren.

Paul's first job was working for the Baltimore Gas & Electric Company in the drafting Department for 11 years. He then worked for the Federal Government as a Senior Manager /supervisor for 27 years, retiring in 2003.

Paul enjoys many hobbies, such as fishing, hunting, snow Skiing, traveling and cars, especially as he has two Corvettes. He is good at accounting, fishing and skiing.

In 2005, Paul was diagnosed with Parkinson's Disease at the University of Maryland Hospital. Paul dreams of a cure for PD and to be well again.



P – perfect

A – artistic

U – unbelievable

L - loving

Birthdays

Dan Cox

Sept. 23

Paul Bognaski

Sept. 13



New members - We would like to welcome new members LeAnn Groomes, John Quick, Bob Mosher and Vincent Fiocco.

RSB Coach Conference Philadelphia – Ted Wilson and I attended the conference and we picked up a few ideas and Ted purchased two Bob-it punching bags for our group. Ted and I (Ken too) walked/ran the mile and half to the Rocky Steps and then climbed the 72 steps. Too hot for me, but I still made it.



Our first session was with Rasheda Ali, the daughter of Muhammad Ali. I really enjoyed listening to her. Tim Hague, motivational speaker, RSB coach Winner, "The Amazing Race Canada" pumped us up for our walk/run to the Rocky Steps. Joey DeMalavez, former professional boxer demonstrated his moves and then Alan Kahn, Author, "The Speed Bag Bible" demonstrated his technique, making it look so easy. Not for me!

There were 250 coaches from 32 states and 5 countries, including Japan, Italy, Canada, Israel and Switzerland. It was fun meeting a lot of the coaches and we had a good time. Thank all of you for sending me.



Left picture Ted and I
After the walk/run.



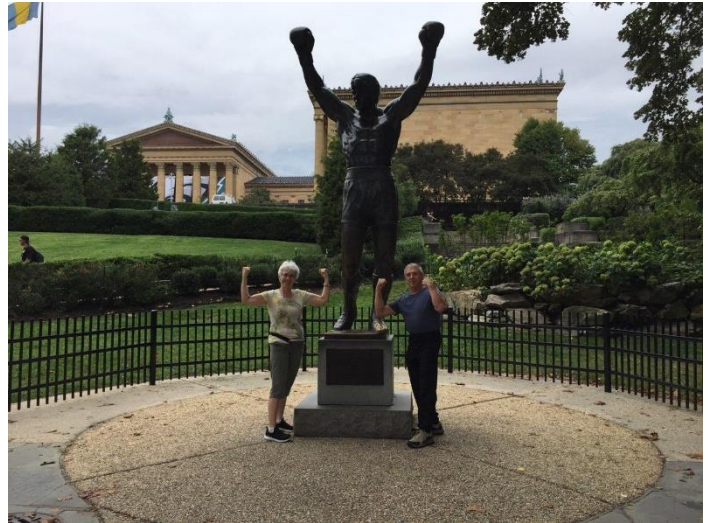
Right picture, Ted and I
After the steps in front of
The Rocky statue.




The 250 coaches standing
On the Rocky Steps.



Ken and I stayed two more days and in the first picture we visited The One Liberty Observatory which had shops on the first and second floors. The observatory was on the 57th floor, a nice view of the city if it wasn't raining, but the tour guide made it worth going. After it stopped raining then we walked back to the Rocky Steps.



If you are not a fighter
Learn to be one!



How well you live
with Parkinson's
is up to you



To benefit The Michael J. Fox Foundation

7th Annual Bags Bingo

Featuring Vera Bradley, Coach, Kate Spade and Thirty One bags
Filled with specialty items

Saturday, October 6, 2018

Doors open at 4:00 p.m. Bingo starts at 5:00 p.m.
18 regular games/ 3 special games/ raffles
Food will be available for purchase

To be held at
Our Lady of Victory Church Hall
4416 Wilkens Ave. Baltimore 21229

To reserve tickets mail your check made out to MJFF
to

Kathy Holden
8120 Calla Lilly Drive, Ellicott City, MD 21043
Call Kathy 410-707-7711 for tickets/info
Or email to kholden123@gmail.com

TICKETS - ON SALE NOW!

Two options
\$20 for 18 games
or

1 SUPER ticket includes 2 cards for 18 games, card for 3 special games and an early bird raffle ticket

