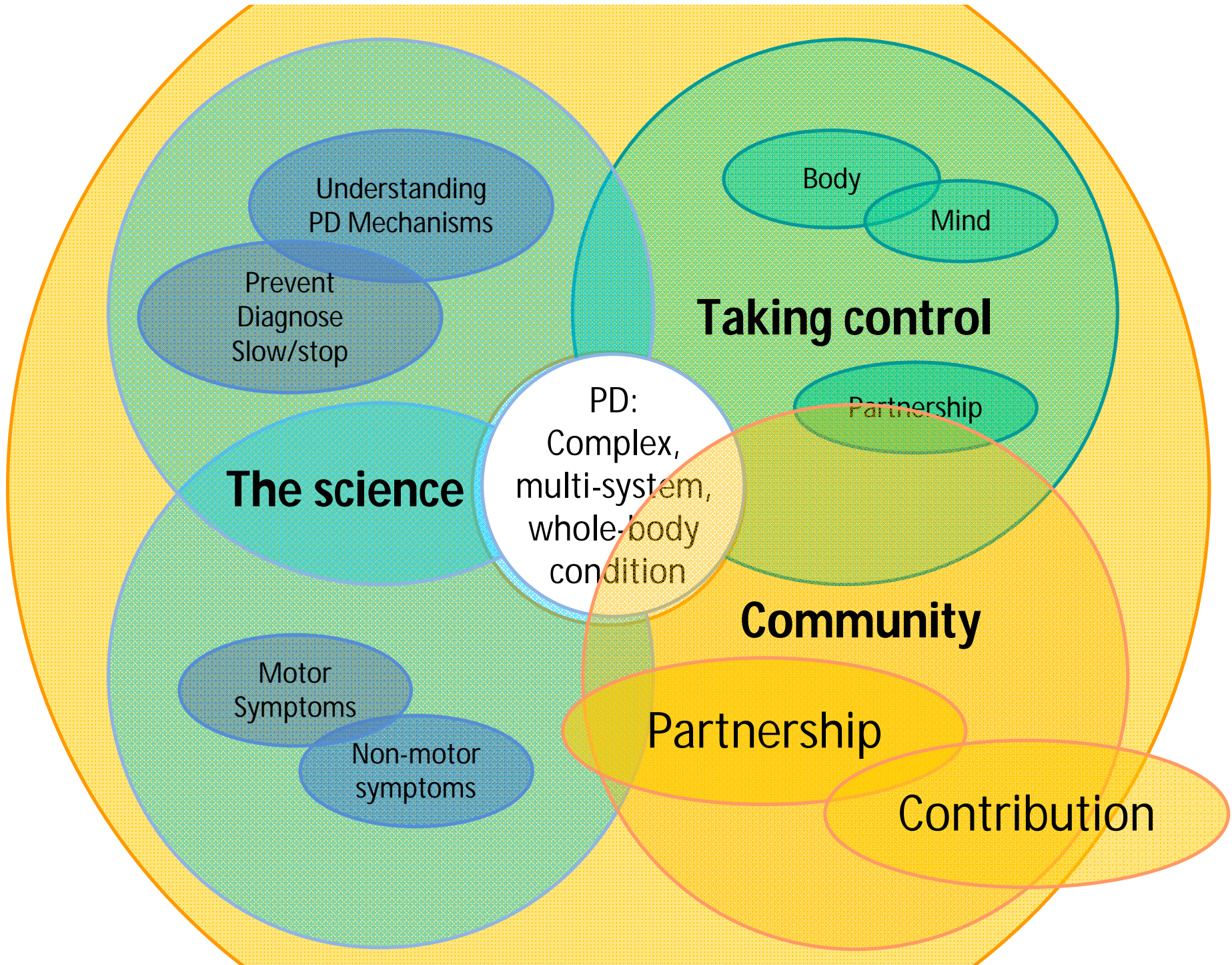


*"It will take a village to beat PD. We are a village, and we have to build a village."*

**COMMUNITY**



# Why Community?

Q: What's the difference between illness and wellness?"

A: Illness begins with "I" and wellness begins with "We"

**"We are a tribe"**

(Gizelle Petzinger)

# What do (some of) the tribe look like world-wide?



And closer to home.....



# What do (some of) the local tribe look like?



# Sustaining the village

Keep informed (join ERIG) and get involved:

- Clinical trials & research projects (PWPs & 'controls')
  - Talking to medical and physio. students
  - Being a patient at medical exams (EPPSAT)
  - PPI and PE, and more...
- 
- Participation – running courses, groups, helping out
  - Outreach to minorities and isolated PWPs

# Volunteering

- People chose to spend their time on issues they feel strongly about
- Volunteers build strong relationships working with others who feel as strongly as you do
- Volunteers are happier and healthier than non-volunteers
- Older people who volunteer remain physically functional longer, have more robust psychological well-being, and live longer

Attitudes, communication, action

# **DISCUSSION**