

Caring Choices

Planning & Assistance In Caring For Older Adults

Care Management Specialists
973.627.4087



Comprehensive planning by experienced professionals for the ongoing complexities of aging in a cost effective way

Parkinson Support Groups

VOLUME 3 ISSUE 2

QUARTERLY NEWSLETTER

APRIL 2014

April is Parkinson's Awareness Month

The Caring Choices support groups meet each month on the second Tuesday at 2 PM at CareOne Hanover Township, 101 Whippany Rd, Whippany, and on the third Monday at 1:00 PM at CareOne Assisted Living, 200 Mazdabrook Rd, Parsippany

[Editor's note—Please be sure to join us for our support group meeting in Whippany on April 8. Let Mayor Francioli know that we appreciate his support of PD awareness!]

Raising public awareness about Parkinson's disease is important. While people may have heard of Parkinson's disease, many know little or nothing about the condition and how it affects a person, their family and their friends. Recently, a person with Parkinson's disease, who was being seen for counseling by our psychotherapist Richard Petruce, was leaving our office suite. The person in the waiting room looked up at me as I was passing and looked at me questionably about the person who was

walking with uncontrolled movements, with his care partner at his side. I simply said in response to the person looking for an answer, that this was "the face of Parkinson's disease". There was that "Oh" moment of understanding.

Although there are no official statistics, Parkinson's disease is thought to affect over 1,000,000 people in the United States and 4.1 million people worldwide. After Alzheimer's disease, it is the second most common neurodegenerative disease in the United States. The cause of Parkinson's disease is unknown and there are no known successful treatments, which can delay or stop its progression. As Parkinson's disease is so prevalent in

society, it is most common in people over 60.

The greater the news media coverage of this condition, the greater the coverage of more people knowing what it's like to live with or care for somebody with Parkinson's disease. The hope is to find

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Upcoming Meetings

APRIL 8

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

2:00 PM—CareOne, Whippany

Speakers—Fiona Gupta, MD, Movement Disorder Specialist, Hackensack Med Ctr

Mayor Ron Francioli, Hanover Township—Proclamation presentation

APRIL 21

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Roseanne Dobkin, PhD, Associate Professor of Psychiatry, Rutgers Robert Wood Johnson Med Sch
Cognitive behavioral therapy for depression and anxiety related to PD

JFK Spring Fling PD Wellness Seminar & Art Exhibit

Spring Fling PD Wellness Seminar

Tuesday, April 29, 2014
9:00 AM-3:00 PM

JFK Hospital Conference Ctr.
80 James St, Edison

Key Note Speaker— John Baumann

John has inspired those with Parkinson's to live their lives to the fullest, family care partners to realize what a difference they make and how

much they are appreciated, and professional healthcare providers to maintain their passion and commitment to the cause.

TOPICS TO BE COVERED include:

- Sleep Issues in PD
- Exercise/Yoga
- Nutrition in PD Matters
- Medications to Treat PD
- DBS Surgery

Breakfast and Lunch are included. Seating is limited, so register early. To register contact: Jacqueline Cristini at jcristini@jfkhealth.org or sford@jfkhealth.org or Susan Ford at 732-321-7000 ext.62408.

4th Annual Art Exhibit “Gallery of Hope & Pride”

Month of April

People with Parkinson's or their caregivers are encouraged to submit their artwork to Jacqueline Cristini for display throughout the JFK Medical Hospital during the month of April (Parkinson's Awareness Month). Any medium is acceptable as long as it can be hung on a wall.

Contact: Jacqueline Cristini at jcristini@jfkhealth.org for more information.

Parkinson Unity Walk 2014



www.unitywalk.org

Saturday, April 26, 2014
Central Park, NYC

The Parkinson Unity Walk is less than a month away. It is time to start thinking about how you can support Parkinson's research. There are many ways to do this. The Westfield/Caring Choices Support Groups NJ team has been registered. Please join our team and walk with us! If you are not able to walk with us, please make a donation to sponsor the team as a whole or an individual team member. Also, encourage your family, friends, and neighbors to walk with you or support the team with a donation. You may register to walk with our team at www.unitywalk.org and click

on register, then click on teams. In the **Search for a Team** box type in **Westfield** or **Caring Choices** and click on **Search**. Scroll down a bit and you'll see our team listed. Click on it and then click on **Join our Team**. Donations in support of our team may be made on this webpage as well. There will be a bus from New Brunswick going to the walk. If enough people sign up, the bus will make a stop at the Target parking lot in Clark. Contact Camilla Comer-Carruthers at 732-846-0131 for more information.

PDF Parkinson's Expert Briefing Webinars

Tuesday, Apr 8, 2014, 1-2 PM

PD Medications: Managing Side Effects

Faculty: Hubert H. Fernandez, M.D.,
Cleveland Clinic Lerner Coll. Med.

Find out more about common side effects of Parkinson's medications, such as dyskinesia, wearing-off, drowsiness, sleep attacks,

hallucinations and impulse control disorders.

Tuesday, June 24, 2014, 1-2 PM

When Parkinson's Interferes with Gastrointestinal Function

Faculty: Peter A. LeWitt, MD, Prof. of Neurol., Wayne State Univ. Sch. of Med. and Dir., Parkinson's Disease and Movement Disorder Program,

Henry Ford Hospital

Join PDF by phone or online for these live seminars. To register call 800-457-6676, e-mail info@pdf.org or visit www.pdf.org

You may also view these webinars at anytime after the live date, as well as other previous seminars, on the PDF website.



**Parkinson's
Disease
Foundation**

PD Awareness Month...continued from page 1

new and better treatments and strategies to manage the condition, as well as new ways to help cope in the day to day lives of people it affects and their caregivers.

Caring Choices has dedicated the past 20 years to working with people Parkinson's disease. Our care management service receives calls every week from people caring for their loved ones with Parkinson's disease. Many caregivers are overwhelmed. We all need to do what we can in talking about our support groups offered through our partnership with CareOne. Our care

managers work to help people live successfully, through in-home assessments for safety and planning for their future health needs financially. We are here to help with depression through the counseling we offer to people with Parkinson's disease, as well as their caregivers.

Please do your part this month and throughout the year by raising the awareness of Parkinson's disease. Talk to people about your experience. Direct people to the Michael J. Fox Foundation. It's focus is to Donate, Fundraise and Participate. This foundation's single goal is to

Eliminate Parkinson's disease in our lifetime. Please join us in making this happen. For more information, call me at 973-627-4087.

Maryann Porosky, LCSW, C-ASWCM. Founder and Director



Parkinson's Disease and Exercise Symposium

Saturday, April 12, 2014

10:30 AM - 4:00 PM

Alaris Health at Cedar Grove, 110 Grove Ave, Cedar Grove

- View the inspiring documentary "Ride with Larry" about a man living with PD who decides to cycle across South Dakota. Presented with Q&A by Larry and his wife Betty.

Featuring speakers from Rutgers NJ Medical School:

- **Tasneem Peeraully, MD**, Assist Prof, Dept Neurol, Dir of Movement Disorders
- **Antonio Mammis, MD**, Assist Prof, Dept Neurol, Dir of Center for Neuromodulation
- **Evelyne Kalyoussef, MD**, Assist Prof, Dept

Otolaryngology, Head & Neck Surgery

- Learn about PD research
- Dance for PD Demo
- Ride a recumbent bike
- Speak with Alaris Health physical therapists

No charge. Lunch included.

RSVP—973-972-4979 or pd.exercise@rutgers.edu

MJ Fox Foundation Hot Topics in PD Webinars

Thursday, April 17, 2014
12-1 PM

Is Parkinson's One Disease or Many?

Parkinson's disease can present with great variability of symptoms and severity. Our panelists will discuss how the experience can differ and research that may point to biomarkers

of, for example, tremor or gait-dominant PD. They'll cover how therapeutic approaches may be personalized to the "kind" of PD one has.

Thursday, May 15, 2014
12-1 PM

Taking Inventory of Parkinson's and Alzheimer's Diseases

Register at www.michaeljfox.org/page.html?hot-topics-webinar-series

Webinars moderated by Dave Iverson, a PD patient, veteran journalist and contributing editor to The Michael J Fox Found. Archived recordings of previous Webinars are available.



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PARKINSON SUPPORT GROUPS

We are pleased to be sponsored by CareOne & Atlantic Neuroscience Inst who understand and appreciate the importance of our Parkinson's support groups in the community.

NEWSLETTER EDITOR:
BARBARA RINGK

Dancing for Parkinson's

**Thursdays
11:45 AM to 12:45 PM**

The Dancing for Parkinson's class held at New Jersey Ballet offers a dance class to individuals with Parkinson's and their care partners. Each class focuses on engaging the mind and body to coordinate with the rhythm of the live piano accompaniment that is provided at each class. The class offers a fun social environment that focuses on dance rather than therapy. The dance class enriches the lives of participants by allowing individuals to express themselves through the medium of dance.

Dancing for Parkinson's
New Jersey Ballet
15 Microlab Rd. (Rear of building)
Livingston, NJ 07039
973-597-9600

No fee for class. Registration is not required. A waiver form must be signed prior to participating. Contact David for a current list of dates.

Lead Teacher: David Tamaki
Contact: david@njballet.org



NPF Webinar

**Tuesday, April 22, 2014
1 –2 PM**

Stem Cells for PD: Fact or Fiction?

Speaker: Mark A Stacy MD,
Duke Univ. School of Medicine

Register for this live webinar at www.parkinson.org. Call the NPF Hotline at 1-800-473-4636 for more information.

