

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 4 ISSUE 2

QUARTERLY NEWSLETTER

APRIL 2015

NEW TIME & PLACE for 2nd Tuesday Group!

Caregivers, Seek the Help You Need

In the over twenty years that I have been working with older adults and their family members, I've learned a lot from caregivers. People just like you have taught me that caregiver jobs come in small increments and become more numerous and burdensome. Every day, I hear from caregivers who are calling for help because they are stressed and overwhelmed. They call because it was the "last straw that broke the camel's back". I know that it wasn't the last straw, it's the accumulation of all those straws, the many jobs that you have taken on—first some bill paying, then going to doctor's appointments, filling medication boxes, the sudden hospitalization. In fact, it's usually the particular

straw that is changing your thoughts of what to do—like incontinency, or changes in behavior because of dementia. And it's not surprising that caregivers continue to do all these jobs and expect themselves to know the answers of where to turn next when it becomes even more complicated, because after all you've done so much, you expect of yourself that you should be able to do more.

I recently received a call from a geriatrician who was calling because he recognized that he needed the particular kind of help that he couldn't give to his parents. His mom had dementia from Parkinson's and his father was wearing thin. He told me that he knew

that he needed me to talk to his parents because they would hear it differently from me. He later told me that he recognized that he needed my help now, but knew he needed me to help "down the road" as things got even more difficult for him and his parents. I met with his parents a few days later, sitting with them at their kitchen table. I ask a lot of questions and when I have all the answers to those questions, I then draw up a care plan with the answers of how and what would help them. You see, the particular straw that made their son reach out was his genuine worry that his Dad was become weary by taking

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The Caring Choices

support groups meet

each month

on the second

Tuesday

at 1:00 PM at

Madison Area YMCA,

111 Kings Rd,

Madison,

and

on the third Monday

at 1:00 PM at

CareOne Assisted

Living,

200 Mazdabrook Rd,

Parsippany

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Upcoming Meetings

APRIL 14

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—Madison Area Y, Madison

Speaker—Fiona Gupta, MD, North Jersey Brain & Spine Center, Oradell, NJ — movement disorder specialist

APRIL 20

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Fiona Gupta, MD, North Jersey Brain & Spine Center, Oradell, NJ — movement disorder specialist

Living Well with PD Conference

Pt. Access Network

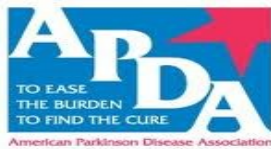
Saturday, April 11, 2015

9:25 AM—3 PM

Registration & Exhibits
begin at 8:30 AM

The Imperia Restaurant
1714 Easton Ave, Somerset

Free of Charge



The New Jersey Chapter of the American Parkinson Disease Association will hold its annual conference for people with Parkinson's, caregivers, and family on April 11. The program includes Speakers: Susan Imke, FNP, GNP-C, Lawrence Golbe, MD, Maral Mouradian, MD, Shabar Danish, MD, Eric Hargreaves, PhD, Deb Caputo, APRN, BC, and others. Continental breakfast and lunch will be served. **There is no charge, but registration is required.** Call 1-888-637-9584 for more info and to register.

Financial Reimbursements for Parkinson's Medications

The **Patient Access Network Foundation** has a new co-pay program for Parkinson's patients. Co-pay programs provide direct financial assistance to qualified patients, assisting them with prescription drug co-payments their insurance requires relative to their diagnosis. To determine eligibility contact the Patient Access Network Foundation by phone at 866-316-7263 or visit www.PANfoundation.org. This program is **not** to be confused with the Parkinson Action Network!

Parkinson's Unity Walk



www.unitywalk.org

Saturday, April 25, 2015
Central Park, NYC

The Parkinson Unity Walk is less than a month away. You can support Parkinson's research through the Unity Walk. 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 to our team. Click on it and then click on **Join our Team**. Donations in support of our team may be made on this webpage as well. The APDA-NJ chapter will have a bus going into NYC. Call 732-745-7520 for details. Pick up locations in New Brunswick & Metropark. Cost is \$20 per person.

PDF Parkinson's Expert Briefing Webinars

Tuesday, April 28, 2015
1-2 PM

**Maximizing PD Medications:
How to Get the Most Out of
Your Treatment Plan**

Connie Marras, M.D., Ph.D. Assoc. Prof. of Neurology, Univ. of Toronto, Martin and Gloria Shulman Movement Disorders Centre. Toronto Western Hospital, Canada

Tuesday, June 23, 2015
1-2 PM

**Challenges of Advanced
Parkinson's and Tips for Better
Living**

Peter Fletcher, M.B.Ch.B., M.Sc., Consultant Physician, Dept. of Old Age Medicine, Gloucestershire Hospitals NHS Foundation Trust, UK.

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**

Caregivers, Seek Help *continued from pg 1*

care of his mom, and if his Dad got sick then who would take care of mom? With my help and their agreement, mom now has a caregiver a few times a week and Dad is going to one of the support groups we offer free of charge. Mom is getting personal care that Dad had to be responsible for, she goes out with her caregiver to do some shopping and Dad is feeling better because he can trust a skilled home health aide to give him some well needed time off. There is more for me to do, but for right now, it's just what this family needed that they couldn't do by themselves.

One of the most costly mistakes is waiting. It's never too early to call. Call me at 973-627-4087.

Maryann Porosky
LCSW/C-ASWCM
Founder and Director,



PD Yoga Classes

Thursdays 12:35—1:45 PM

Summit YMCA

67 Maple St., Summit

Summit YMCA members — free

Open to community \$5.00 per class

For more information contact: Alice

Stein 908-273-3330 ext 1152 or

alice.stein@thesay.org. Starts April 2

Wednesdays 10:45-11:55 AM

The Connection

79 Maple St, Summit

The Connection members - free

\$15 fee for non-members per class

Pre-Registration is required. For more

info and to register call 973-763-0564.

Karen Rutberg, Instructor for both

Parkinson Cruise Sails Out of NJ

**Bermuda High 7-night
Parkinson Awareness Cruise
May 31-June 7, 2015**

It's not too late, there is still time to sign up! Sail on the Celebrity *Summit*. It leaves from and returns to Cape Liberty, Bayonne, NJ with 3 full days in port at Kings Wharf, Bermuda. Leisurely discover all that the island has to offer. PD enrichment sessions will be offered on the days at sea. Roger Kurlan, MD, movement disorder specialist, will be a guest

speaker. Jean White, certified Delay the Disease instructor, will lead some exercise classes. Details at www.cccruisegroups.com/parkinson-bermuda-2015.html

Call Herb Tinley toll-free at 1-800-959-SHIP for more info or reservations.

Invite your family to join you. What a great family vacation! Do you usually



travel with friends? Invite them along. Relax and enjoy the special PD seminars and activities, as well as all the entertainment, sightseeing excursions and fun that a cruise offers. \$100 of the cost per cabin will be donated to the NJ Chapter of the American Parkinson Disease Association.

Bon Voyage!

NPF Webinar

**Wednesday, April 8, 2015
1-2 PM**

Understanding the Progression of Misfolded Alpha-Synuclein Protein – the Path to the Next Breakthrough in Parkinson's Disease Benoit Giasson, PhD
Register for this live webinar at www.parkinson.org. Call NPF at 1-800-473-4636 for more information.



MJFF Webinar

**Thursday, April 16, 2015
12-1 PM**

From iPhone to Genome: How Patient Data is Changing Parkinson's Research. For more information and to register visit www.michaeljfox.org. It is possible to submit a question in advance of the webinar.

Caring Choices
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Mountain Lakes, NJ 07046

Phone: 973-627-4067
Website: www.caringchoicesgcm.com



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



Parkinson's Dance Classes

Dancing for Parkinson's Thursdays 11:45 AM to 12:45 PM

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

Each class focuses on engaging the mind and body to coordinate with the rhythm of the live piano accompaniment that is provided. 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

Movement Classes for People with Parkinson's Saturdays

11:00 AM to Noon
Mason Gross Performing Arts Ctr.
Nicholas Music Center, Studio 110
85 George Street
Douglass Campus
Rutgers, The State Univ of NJ,
New Brunswick, NJ

Free classes led by professional dancers/PD movement instructors. David Tamaki, primary instructor*. Featuring live music. Drop-ins are welcome. Free parking available. March 28 – June 6, No class on April 25. For information call 848-932-1345 or email carol.larkin@rutgers.edu.

Movement Classes for People with Parkinson's Wednesdays

11:45 AM to 12:45 PM
RWJ Fitness Center
100 Kirkpatrick Street, 2nd floor
New Brunswick, NJ

Free classes led by professional dancers/PD movement instructors. David Tamaki, primary instructor*. Featuring live music. Drop-ins are welcome. Free parking available. March 4—June 3. For information call 732-873-1222 or email carol.larkin@rutgers.edu.

*Pamela Quinn will lead classes on Sat. May 2 & 9 and Wed. May 6.

APRIL IS PARKINSON'S DISEASE AWARENESS MONTH

Mind Body Wellness Workshop

Wednesday-Thursday, April 22-23, 2015 Care-
One at Hanover Township
101 Whippany Rd, Whippany

Care One will host a 2-day workshop focusing on wellness and PD awareness at their facility. Featured speakers will include dancing instructor, David Tamaki, and Alex Montaldo from Rock Steady Boxing, NY/LA, an exercise program designed for people with Parkinson's. Other speakers will be announced shortly. Lunch will be served each day. There is no charge.