

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 1

QUARTERLY NEWSLETTER

JANUARY 2014

The Caregiver's New Year

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

The New Year is traditionally a time to make resolutions to make changes in ourselves for the better. As a caregiver, a new year provides a chance to reflect on the joys and challenges of caregiving in the past year. It's a chance to reflect on habits and attitudes that are getting in the way of being happier and healthier, and to look for ways to make the experience more positive for both you and your loved one in the year ahead.

In the 25 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. As a caregiver, it's not surprising that you continue to do all of the many jobs and expect yourself to know the answers of where to turn next when it becomes even more complicated, because after all you have done so much, you expect of

yourself that you should be able to do more.

If you're looking at the year ahead and are wondering how you are going to manage the juggling of so many jobs and responsibilities, I suggest that you first take stock in all you do and give yourself credit for keeping all the balls in the air. The next time someone offers to help, refer to your mental or written list of what would really help you. Accept the help offered you.

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Upcoming Meetings

JANUARY 14

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

2:00 PM—CareOne, Whippany

Speaker—Roseanne Dobkin, PhD, Associate Professor of Psychiatry, Rutgers Robert Wood Johnson Medical School

JANUARY 20

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Steven Greene, Financial Professional Certified Financial Services, LLC

"How do I keep my financial balance?"

People with Parkinson's Advisory Council (PPAC)

Would you like to help guide the Parkinson's Disease Foundation (PDF) in its work in the Parkinson's community? If so, then apply for a spot on its People with Parkinson's Advisory Council (PPAC). PPAC is an advisory board which provides the perspective of people with Parkinson's and care partners to PDF's program development and priority setting. PDF launched the [People with Parkinson's Advisory Council \(PPAC\)](#) in spring 2006. Its members play a key role in advising PDF's efforts to support the research and ideas that will improve the lives and futures of people touched by Parkinson's. Member activities include, but are not limited to:

- Serving on scientific review committees, e.g. - the committee that selects which research grants PDF will fund.

- Identifying unmet needs in the Parkinson's community, e.g. - the need for a centralized information resource that led to the creation of the Parkinson's Disease Resource List.

- Providing input and guidance on programs, such as Parkinson's Awareness Month and Parkinson's Advocates in Research.

- Serving as PDF community ambassadors, liaising between PDF and the Parkinson's community and representing PDF at relevant conferences and meetings.

- Participating in regular PPAC conference calls and attending two in-person meetings held in New York City.

- Working with PDF throughout the year as advisors on specific projects.

PDF is currently soliciting applications from individuals who are interested in

serving on PPAC for three years, beginning in 2014 and ending in 2017. Applications can be submitted online.

The deadline for application is Friday, January 31, 2014. If you have questions about the PDF People with Parkinson's Advisory Council and/or the application criteria and form, please contact Veronica (Ronnie) Todaro, Director of National Programs, at rtodaro@pdf.org or (800) 457-6676.



**Parkinson's
Disease
Foundation**

Parkinson Unity Walk 2014



www.unitywalk.org

**Saturday, April 26, 2014
Central Park, NYC**

The Parkinson Unity Walk is four months away, but 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. Sign up sheets will be available at our next couple of meetings to see if there is enough interest in hiring a bus to take us into NYC and return. There would be two pick-up points in Westfield and in Whippany or Parsippany. There would be a per person charge to cover the bus cost.

PDF Parkinson's Expert Briefing Webinars

**Tues, January 14, 2014,
1-2 PM**

Swallowing and Dental Challenges

Faculty: Michelle R. Ciucci, Ph.D., University of Wisconsin, and Jane Busch, D.D.S.

Ms. Ciucci and Ms. Busch will answer questions from those submitted by online

participants during the second half of their presentation.

Other upcoming Webinars:

**Tues, March 11, 2014, 1-2 PM
Managing the Motor Symptoms in PD**

Faculty: Sotirios A. Parashos, M.D., Minneapolis Clinic of Neurology

**Tues, April 8, 2014, 1-2 PM
PD Medications: Managing Side Effects**

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

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**

The Caregiver's New Year...continued from page 1

Scheduling a family care meeting is another way to get some help. Asking a trusted friend or family member to spend some time with your loved one while you spend some time away from caregiving can provide you with a much needed break to enjoy yourself by going to a movie or having a chat with a friend, who you can count on to make you smile. You can only be a healthy caregiver by taking care of yourself.

As I mentioned earlier, help is

really just a phone call away. You can call me to just talk about your situation. You can come to a support group meeting to find that you're not alone. When you're at a turning point and don't know what direction to take, call on the years of experience of Caring Choices. We help people just like you. Knowing about options well in advance of needing them is the best way to be prepared and prevents you from being rushed into making decisions when you're stressed and

overwhelmed.

Happy New Year from all of us at Caring Choices!

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



Two Parkinson's Cruises—There's still time to reserve!

Parkinson Research Foundation - Mar 9-15, 2014

Sail on the Royal Caribbean Independence of the Seas. Leaves from and returns to Ft Lauderdale with ports of call in Grand Cayman, Jamaica and the private island Labadee. Details at <http://parkinsonhope.org/wp-content/uploads/2012/11/Cruise-2014-NEW.pdf>. Contact Teri by phone toll-free at 888-462-1434 or by e-mail

castawaycruises@earthlink.net for more info or reservations.

2nd Annual Parkinson Awareness Cruise—Jan 26-Feb 2, 2014

Sail on Holland America's Nieuw Amsterdam. Leaves from and returns to Ft Lauderdale with ports of call in Half Moon Cay, Grand Cayman, Cozumel and Key West. Details at <http://www.cecruisegroups.com/parkinson-2014-awareenes.html>. Call

toll-free at 1-800-959-SHIP for more info or reservations. Prices may or may not be lower than posted for this cruise, since it's last minute. What a great way to have a vacation and learn at the same time! Relax and enjoy the special PD seminars and activities, as well as all the entertainment, sightseeing excursions and activities that a cruise has to offer. Bon Voyage!



MJ Fox Foundation Hot Topics in PD Webinar

Tuesday, Jan 16, 2014

12:00 - 1:00 PM

The Long Road to Diagnosis

Join MJFF's Mark Frasier, PhD and Rush University's Kathleen Shannon, MD, who will discuss The Long Road to Diagnosis—where they will talk to a patient about her process of and

frustrations in obtaining a Parkinson's diagnosis and then hear from researchers on what avenues they're pursuing to shorten that journey. Dave Iverson will lead a discussion. Register at www.michaeljfox.org/page.html?hot-topics-webinar-series

Webinars cover different topics of interest to Parkinson's patients and

their loved ones. They are moderated by Dave Iverson, a Parkinson's patient, veteran journalist and contributing editor to The Michael J. Fox Foundation. Archived recordings of the Webinars offer on-demand access following the original live event.



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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.

IN MEMORIAM:

ALEXANDER BROSCO SEP 22

NEWSLETTER EDITOR:

BARBARA RINGK

2014 PD Awareness Month T-Shirt Design Contest

Each year, April is designated as Parkinson's Awareness Month. You can raise awareness and enlist others in the fight for a cure in April 2014. Enter your design in the Parkinson's Disease Foundation (PDF) Annual Parkinson's Awareness Month T-Shirt Design Contest! PDF invites you to submit a design by **Tuesday, January 14, 2014**. Send all designs to pdtshirtcontest@pdf.org. A committee of judges comprised of members of the PDF's Creativity and Parkinson's Project and People with Parkinson's Advisory Council will

select five finalist designs. The general public will then have the chance to vote online for their favorite. The winning design will be announced in February 2014 and be featured on a t-shirt offered exclusively on PDF's online store and to participants of the Parkinson's Unity Walk in New York City on April 26, 2014. Visit the PDF website at www.pdf.org for more detailed info including design rules and regulations and to vote after Jan 14. Any questions should be directed to pdtshirtcontest@pdf.org or call 800-457-6676.

**BE
PROACTIVE!**

**BECOME
INVOLVED!**

**FIGHT THE
DISEASE!**