

Caring Choices

Planning & Assistance In Caring For Older Adults

Care Management Specialists
973.627.4087



Parkinson Support Groups

VOLUME 4 ISSUE 1

QUARTERLY NEWSLETTER

JANUARY 2015

HAPPY NEW YEAR!

Resolutions

New Year's resolutions. Usually they involve issues like weight loss, finances or exercise. By now we know that they don't last beyond January. Coping with life's challenges and stresses calls for a more ongoing and focused form of determined resolve. Real and lasting change result from a disciplined commitment. We want change but we cringe from the commitment and work needed. The goal must be POSITIVE thinking and not simply wishful thinking.

Emotional and psychological coping involves develop-

ping and strengthening resiliency. Resiliency is the ability to "bounce back" from situations of stress and high emotional and physical demands. Bouncing back requires the ability to see and examine what options and strategies are needed to survive and cope with life's challenges.

Recent research shows that a resolved and determined commitment to changing our perspective on coping options and the flexibility to try new or different thinking patterns significantly increase our likelihood of success and accomplishment.

Adopting the determination NOT to look at and focus on "why" something occurred or who is to blame is the major turning point in coping. This non blaming positive perspective "undoes" the physiological and psychological damage from negative thinking. Negativity causes increased fear, increased heart rate, increased blood pressure and decreased circulation.

Positive focused perspective and thinking lowers heart rate, lowers blood pressure and increases

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Upcoming Meetings

JANUARY 13

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

2:00 PM—CareOne, Whippany

Speaker—Susan Devaney, Moving Mavins—helping families navigate through changes often associated with age and lifestyle transitions.

Facilitator—Maryann Porosky

JANUARY 19

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Susan Devaney, Moving Mavins—helping families navigate through changes often associated with age and lifestyle transitions.

Facilitator—Maryann Porosky

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

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

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Save the Dates! Conference, CC Meetings, Unity Walk

Saturday, April 11, 2015

The New Jersey Chapter of the American Parkinson Disease Association is planning an **ALL DAY CONFERENCE** on April 11 at the Imperia Restaurant in Somerset. The focus of the conference will be caring for the caregiver. **SUSAN IMKE**, RN, MS has been confirmed as the keynote speaker. More details regarding, speakers and time will be forthcoming.



Tuesday, February 10 & Monday, February 16 Support Group Meetings

ALICE LAZZARINI, PhD, pioneer researcher in neurogenetic diseases including Huntington's disease and Parkinson's and author of a new book *Both Sides Now: A Journey from Researcher to Patient*, will be our speaker at our February Caring Choices support group meetings. Dr. Lazzarini developed PD 10 years ago. She will share her story and will be happy to sign copies of her book. You won't want to miss this program!

Saturday, April 25, 2015

Parkinson's Unity Walk, Central Park, NYC

The Westfield/Caring Choices PD Support Groups NJ team has been registered. Please consider walking with the team or sponsoring us with a donation. Visit www.unitywalk.org. The APDA-NJ chapter will have a bus going into NYC. Call 732-745-7520 for details.



PAN Forum—Washington, DC, March 23-25, 2015

The PAN Forum is a 3-day conference held at the Washington Plaza Hotel in Washington, DC, bringing together hundreds of Parkinson's advocates from across the nation. Attendees (people with Parkinson's, caregivers, researchers, clinicians, and elected officials) gather to learn the latest in public policy and research in PD. Working together, Forum attendees increase awareness of PD and learn to advocate for better treatments and a cure. The PAN Forum features:

- Panel discussions about policy issues and research impacting the Parkinson's community
- Keynote addresses from leading researchers, scientists, clinicians, and/or Members of Congress
- Training for volunteer advocates to advance their advocacy work on Capitol Hill and at home
- Opportunities to learn and share with other Parkinson's advocates from around the country

The 2015 PAN Forum registration fee is \$300 per person and includes: Forum materials, advocacy training,

transportation to and from Capitol Hill on Wed., March 25, and the following meals: Mon. lunch and evening reception; Tues. breakfast, lunch, and snack; and Wed. breakfast and lunch. For those who have never attended a PAN Forum, this is the ideal place for you to get the hands-on experience as a PD advocate and learn more about what PAN and our dedicated grassroots leaders do every day. Visit theapanforum.org for info.



PDF Parkinson's Expert Briefing Webinars

Tuesday, January 13, 2015, 1-2 PM

The Effects of Exercise on PD

Margaret Schenkman, P.T., Ph.D., F.A.P.T.A., Associate Dean for Physical Therapy Education, and Director, Physical Therapy Program, University of Colorado School of Medicine.

Tuesday, March 3, 2015, 1-2 PM

More Than Meets the Eye: Vision Symptoms of PD

Dan Gold, D.O., Assistant Prof. of Neurology, Ophthalmology, Otolaryngology – Head & Neck Surgery, and Neurosurgery at The Johns Hopkins School of Medicine, Baltimore, MD.

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

Resolutions...cont. from pg.1

circulation. This diminishes fear and aids our thinking more clearly and choosing more effective ways of dealing with the situation. It also helps if we see that some people in the world have it worse than us. And the ancient Chinese concept that crisis contains the elements of danger and opportunity is true.

So, let's resolve to develop deeper trust in the healing powers of positive thinking.

Richard Petruce LCSW/
ACSW

Psychotherapist and
Clinical Director,



MJFF Webinar

Thursday, January 15,
2015 12—1 PM

The Exercise Rx: Is Exercise as Important as the Pills You Take?

For more information and to register visit the Michael J Fox Foundation website at www.michaeljfox.org. It is possible to submit a question in advance of the webinar.



Parkinson Cruise Sails Out of NJ

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

Sail on the Celebrity *Summit*. Leaves from and returns to Cape Liberty, Bayonne, NJ with 3 full days at Kings Wharf, Bermuda. Leisurely discover all that the island has to offer. PD enrichment courses and activities 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 a 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.



They would not have to attend the a Parkinson's sessions if they did not wish to, but we will get credit if they register through our agent. 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. \$100 of the cost per cabin will be donated to the NJ Chapter of the American Parkinson Disease Association.

Bon Voyage!

NPF Webinar and CareMAP

**Tuesday, January 20,
2015 1—2 PM**

**Can Isradipine Slow Down
Parkinson's Disease?**

Tayna Simuni, MD and Kevin Bignlan, MD, MPH Register for this live webinar at www.parkinson.org. Call NPF at 1-800-473-4636 for more information.

The National Parkinson Foundation (NPF) has launched of a new online guide, **CareMAP**, which provides practical suggestions for coping with the complex problems that arise as a result of advanced Parkinson's disease (PD). Combining videos and articles, the *CareMAP* website, caremap.parkinson.org, explores the key elements of PD care. Since the disease progresses slowly,

with caregivers gradually taking on more responsibilities over time, the site gives caregivers the tools and resources they need to successfully transition from one stage of caregiving to the next. The website is organized into six key areas: Home Care, Outside Help, Caring from Afar, Caring for You, End of Life and Resources.



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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

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

World Parkinson Coalition

The World Parkinson Coalition is a unique organization filling a niche in the global Parkinson's community by bringing the full spectrum of community members together both in person at their triennial World Parkinson Congresses and virtually at their **WPC Scientific Updates**.

The first ever WPC Scientific Update, originally presented from September 30- Oct. 2, 2014, served as a way for the global Parkinson's community to learn about the latest scientific advances made over the last year from the comfort of their home through FREE online sessions. All six of these sessions are now archived. Visit www.worldpdcoalition.org to view.

SESSION I_- Alpha-synuclein, Neuron Killer or Tombstone?

SESSION II - Averting an Energy Crisis: the Vital Role of Mitochondria in PD

SESSION III - Therapeutics & Delivery Systems

SESSION IV_- Unblocking the Treatment Pipeline

SESSION V - The Limits of Dopaminergic Disease Modifying Strategies in a Non-motor Symptom World

SESSION VI - Personalized Medicine

