

Caring Choices

Planning & Assistance In Caring For Older Adults

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Parkinson Support Groups

VOLUME 5 ISSUE 1

QUARTERLY NEWSLETTER

JANUARY 2016

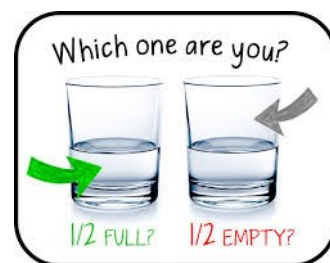
Focus on the Positive

Let's all remember the great philosopher Yogi Berra, who said "you can see a lot by just observing". Yogi was right. By keeping our eye on the ball instead of looking at the people in the stands, we'll have greater success. Yogi understood that where you focus your observation is key. The wisdom keepers throughout the centuries have reminded us that it's not what happens in our lives that matters, but how we choose to see it. Life offers both joy and pain. Let's take that familiar example of the glass half empty or half full. If we choose to see the glass as

half full, we will have options and outcomes very different than if we choose to see the glass half empty. Same glass, same volume, very different choices. Hope is an attitude that things can get better. Hopeful beliefs give us an outlook that includes positive energy that can move us toward a better outcome or help us adjust to what's troubling. We all get knocked down. By focusing on getting up, we give ourselves the chance to move forward again. Let's all focus on what's important. Choosing the focus that helps you best is something very important

that you can do for yourself as you go forward into the New Year!

RICHARD PETRUCE,
LCSW Psychotherapist,
Clinical Director, Caring Choices



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

JANUARY 12

PEOPLE WITH PD AND/OR
THEIR CARE PARTNERS

1:00 PM—Madison Area Y, Madison

TBD

Attendees must present photo ID at
the reception desk

JANUARY 18

PEOPLE WITH PD AND/OR
THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

TBD

APDA-NJ Annual Conference

Saturday, April 9, 2016
8:30 AM-3:00 PM



Living Well with Parkinson's Disease Conference

The Imperia Restaurant
1714 Easton Ave, Somerset, NJ

This free conference is for people with Parkinson's and their families.

Keynote Speaker: Tim Hague, Sr.. He will share the inspirational story of his experience competing

with his son in the Canadian Amazing Race. Spoiler Alert: On the verge of elimination not once, but twice, they managed to overcome the odds and win the Amazing Race!

Vendors will provide a wealth of information about Parkinson's disease and resources available. Continental Breakfast and Lunch will be provided. For more information call the APDA-NJ Info & Referral Ctr. at 732-745-7520. To Register call 1-888-637-9584.

Unity Walk—NYC

Saturday, April 23, 2016
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.



4th World Parkinson Congress—Portland Sep 20-23, 2016

4th World Parkinson Congress
September 20-23, 2016
Portland, OR

The WPC brings together the entire world-wide Parkinson's community—clinicians, researchers, allied healthcare professionals, including occupational, physical, speech, music, and dance therapists, nurses, nutritionists, counselors, social workers, and people with PD, their families and care partners. It provides an international forum for the latest scientific discoveries, medical practices and care

initiatives. There are sessions for all levels of technical interest.

It's not too early to start planning to attend! Prior WPCs were held in Washington, DC in 2006, Glasgow, Scotland in 2010, and Montreal, Canada in 2013. This is likely to be the last convenient opportunity for Americans to attend for the next few years, since the next one or two meetings will likely be held elsewhere in the world.

New at this congress will be a Care

Partner Room. Care partners can help with the design of this meeting space specifically for those caring for someone with PD by completing a survey on the WPC website. Visit www.worldpdcoalition.org for more information.



PDF Parkinson's Expert Briefing Webinars

Tuesday, January 5, 2016
1-2 PM

Anxiety in Parkinson's Disease

Joseph H. Friedman, M.D., Director, Movement Disorders Program, Butler Hospital and Professor and Chief, Division of Movement Disorders, Warren Alpert Medical School, Brown University

Tuesday, March 1, 2016
1-2 PM

Cognitive Issues: Advice for Parkinson's Care Partners

Jennifer G. Goldman, M.D., M.S., Assoc. Professor, Section of Parkinson Disease and Movement Disorders, Dept. of Neurological Sciences, PDF Research Center at Rush University Medical Center

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

PAN Forum—Washington, DC, Feb 29-Mar 2, 2016

The PAN Forum is an annual 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 2016 PAN Forum registration fee is \$300 per person. A block of rooms

have been reserved at the Washington Plaza hotel for the discounted rate of \$229/night. Rooms must be booked by January 26 to guarantee this rate. 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 parkinsonaction.org for info.



Another Parkinson's Cruise!

9 - NIGHT NEW ENGLAND/CANADA AUG 25—SEP 3, 2016

Royal Caribbean's Anthem of the Seas Roundtrip from Cape Liberty (Bayonne), NJ
Ports of Call—Boston, Portland, ME, Bar Harbor, ME, Saint John (Bay of Fundy), New Brunswick, and Halifax, Nova Scotia

The 2015 Bermuda PD cruise was an overwhelming success, so we are going to do another one! There will be educational and exercise sessions on the days at sea with returning instructors Roger Kurlan, MD, movement disorder neurologist, Overlook Med Ctr, Summit, NJ and Jean White, *Delay the Disease* certified fitness instructor, Westfield Area YMCA.

\$100 per cabin will be donated to the NJ Chapter of the American

Parkinson Disease Association. Wheelchair accessible rooms are available on a first come first served basis. Contact **Herb Tinley** at Cruise Everything, for pricing and more details at **239-275-1717** or **1-800-959-SHIP(7447)**.



Cruise Pizza Party

**Friday, January 22, 2016
12:15 PM**

Westfield Area Y, 220 Clark St

RSVP TO: Barbara Ringk, bringk@verizon.net or Phone: 908-403-3129 by January 21

The Westfield Area Y will host a reunion for the people who went on the Parkinson's cruise to Bermuda in May 2015 and for those interested in

learning more about the August 25, 2016 PD cruise to New England and Canada. Former cruisers, come renew the friendships made on the cruise! Thinking about going on the next cruise, but don't know what to expect? Former cruisers will be available to answer questions. There will be a picture presentation showing highlights of the Bermuda cruise. Pizza will be served.

MJFF Webinar

**Thursday, January 21, 2016
12-1 PM**

Dyskinesia: What to Do about Moving Too Much

For more information and to register, visit www.michaeljfox.org.



Caring Choices
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Mountain Lakes, NJ 07046

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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

Parkinson's Dance Classes

Dancing for Parkinson's

Thursdays

11:45 AM to 12:45 PM

New Jersey Ballet
15-17 Microlab Rd, Suite 102
Livingston, NJ
973-597-9600

No fee for class. Registration is not required. Lead Teacher: David Tamaki.

Contact: david@njballet.org for current dates.

Movement Classes for People with Parkinson's

Wednesdays

January 26 - February 24

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. Live music. Drop-ins welcome. For more information call 732-848-1345 or email colleen.k@rutgers.edu.

Irish Set Dancing for People with Parkinson's

3rd Mondays of Month

7:00 PM to 8:00 PM

Irish-American Association of North West NJ
352 Richard Mine Rd
Rockaway, NJ

INSTRUCTOR: Marta Deyrup
ASSISTANT: Rick Lillis

Classes are FREE!

For more information, contact Rick Lillis at turtlehill@aol.com.

