

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 3

QUARTERLY NEWSLETTER

JULY 2014

Vacation Respite Care

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

A few months ago, I received a call requesting help for an older man, whose name is Harry from his cousin. Harry was hospitalized because of a fall. He wanted to return home. His cousin knew that if Harry was going to succeed living at home, he needed to accept some help by a caregiver. Except Harry was convinced that he didn't need help and he didn't want to pay for the cost of an aide.

I met with Harry and his cousin to explore the choices of either an assisted living, where an aide would be available to Harry when he needed someone, or returning to his home with a regularly scheduled caregiver, who could assist Harry with grocery shopping, cooking and personal care. Harry

decided he would take the option of a short term stay in an assisted living until he became more confident in his abilities to return to his home. Respite care is available in assisted living for people for a month or so at a time. Some people think it wise to get back on their feet with the support of living at an assisted living where even physical and speech therapy will continue to build strength.

I had another call this week from Hannah, a caregiver, who wants to spend some time this summer going with her friends on a much needed vacation. She has been at her husband's side, since he became more dependent on her due to his physical decline. I encouraged her to take the vacation. We explored the

choice of having a caregiver come to their home for the two weeks that she would be away or a short term respite for her husband in an assisted living. I gave her recommendations for both trusted home health agencies and assisted livings. She is making those phone calls now. She will tour an assisted living that I recommended. Both are good options to give her peace of mind while she is away from her husband.

Summer is a good time to try something different and experience a change like Harry, as well as Hannah and her husband. The Parkinson's groups will continue to meet in July and August. Check the

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Upcoming Meetings

JULY 8

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

2:00 PM—CareOne, Whippany

Speaker—Daniel Marain, MT-BC, Music Therapist, Atlantic Health

JULY 21

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Tasneem Peeraully, MD, movement disorder specialist – Rutgers NJ Medical School, Newark

NJ-APDA 2nd Annual Optimism Walk and 5K Run

Sunday, October 26, 2014
9:30 AM—1 PM

Johnson Park,
Piscataway

(Check-In 8:30-9:15 AM)

Join the APDA-New Jersey Chapter and run or walk to raise awareness about Parkinson's disease and funds, which will enable the Chapter to provide conferences, resources and research funding. There will be a 5K Race, a Walk and a Fun Run. You can walk as a team or as an individual. Registration

will begin shortly at <http://apdaparkinson.donordrive.com>. The registration fee is \$20 or \$25 depending on participant type and is discounted until Oct 1. Come out and enjoy a day in the park as a runner, a walker or part of the cheering section (for free). Walk tee-shirts will be given to those raising or donating \$25 or more. Prizes will be awarded in a variety of categories. Parkinson information will be available at sponsor tables. Refreshments will be provided for walkers and runners. Contact Rob DiTota with questions or for more information at 732-803-0389 or robditota@optimun.net.

New Website Launched

The New Jersey Chapter of the APDA has launched its new website. Visit www.apdani.org to learn more about local events, locate a support group and other resources, and obtain information about Parkinson's. Tune in to what is happening in the NJ Parkinson's community.



Parkinson Unity Walk 2014 Wrap-Up



www.unitywalk.org

Saturday, April 26, 2014
Central Park, NYC

It turned out to be a beautiful day in Central Park for the Parkinson Unity Walk. The Westfield/Caring Choices Support Groups NJ team is so pleased that we surpassed our team goal of

\$1500, raising \$1525. Over 1.6 million dollars was raised for this year's walk. 100% of the donations will go to Parkinson's research. We thank all those who supported our efforts.



Pictured - Team members Dodie Doyle and Barbara Ringk

Missing team members - Judy Lamastra, Helene Swank, and Gregg Unger

PDF Parkinson's Expert Briefing Webinars

Tuesday, September 9, 2014,
1-2 PM

Occupational Therapy and Parkinson's: Tips for Healthy Living

Sue Berger, PhD, Dept of Occupat Ther, Boston U Coll of Hlth & Rehab Sci: Sargent Coll, and Linda Tickle-Degnen, PhD,OTR/L,FAOTA, Dept of Occupat Ther and Hlth Qual of Life Lab, Tufts U

Tuesday, November 18, 2014,
1-2 PM

Parkinson's and Parenting: The impact of PD on children and young adults

Elaine Book, M.S.W., R.S.W., Clinical Social Worker, Pacific Parkinson's Research Centre, University of British Columbia Hospital, Vancouver, British Columbia, Canada

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

Respite...cont. from pg 1

schedule for the speakers. You don't want to miss their expertise. Attend both groups at Care One Morris and Care One Hanover. Meet new people. And let's be active this summer!

If you're trying to sort through your choices, give me a call at 973-627-4087.

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

*MJF Foundation Webinar*

**Thursday, July 17, 2014
1—2 PM**

How'd You Sleep? Parkinson's and Sleep Disorders

People with Parkinson's experience a range of sleep disorders: from insomnia to excessive daytime sleepiness, acting out dreams or even narcolepsy. In this webinar Dave Iverson will talk to a patient who deals with a sleep disorder and you'll hear from clinician-researchers on why sleep may be

disturbed in Parkinson's and best practices for getting some shut-eye. Research into these disorders will also be touched on.

For more information and to register visit www.michaeljfox.org. It is possible to submit a question in advance of the webinar.

*The Harmonies—Therapeutic Singing Group*

**Fridays, for 12 weeks,
starting September 19,
2014**

3:00PM - 4:15PM

Overlook Medical Center,
Conf. Rm. #3, 99 Beauvoir Ave,
Summit. Free of charge.

The Harmonies is a therapeutic singing group model based on the Tremble Clefs, a nation-wide program for people with Parkinson's and their partners. A board certified music

therapist will facilitate *The Harmonies* community choir. Each session will provide opportunities to work on voice and communication issues through breathing, stretching and posture activities, rhythm and movement. No special singing skills are required. If you enjoy singing, even if just in the shower, you are welcome to join.

While *The Harmonies* are not affiliated with the Tremble Clefs, here is a link to a Tremble Clefs video to give you an idea of what can be expected.

<http://www.youtube.com/watch?v=09zNy0AxA9w>.

The group will meet for practice each Friday, working towards the goal of a public performance on Sunday, December 7, 3-3:45 PM at Overlook Medical Center, Bouras Auditorium. Caregivers (age 18 or over) are more than welcome to join the group. Contact Daniel Marain, MT-BC, music therapist, coordinator of the Music Therapy Healing Arts Program at daniel.marain@atlantichhealth.org or 973-660-3533 for more information.

National Parkinson Foundation Webinars

**Thursday, August 14,
2014 1—2 PM**

Pain and Fatigue in PD

Presenter: Christopher W Hess MD

Learn about these often overlooked, yet common symptoms of Parkinson's disease and ways to minimize them.

**Thursday, October 9,
2014 1—2 PM**

Managing Cognitive and Behavioral Changes in PD

Presenter: Gregory Pontone, MD

PD can affect the way we think and act. Learn what's normal and what's

not, and what to do about it.

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



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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

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

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.

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



SAVE THE DATE!
SATURDAY, SEPTEMBER 6

DAY OF HOPE

Annual Event

Atlantic Neuroscience Institute
Overlook Medical Center
Summit

More Details Later

New Class Added!

Last Saturday of month
10:45 AM to 11:45 AM

CareOne
101 Whippany Rd
Whippany

In addition to the weekly class in Livingston, a monthly class has been added. It will meet in Whippany for the next few months to determine interest. Your attendance will influence whether it continues. The classes are fun, adapted for all stages of PD, and are good exercise!