

Caring Choices

Planning & Assistance In Caring For Older Adults

Care Management Specialists
973.627.4087



Parkinson Support Groups

VOLUME 4 ISSUE 3

QUARTERLY NEWSLETTER

JULY 2015

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 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

'Lucy'

Summer is a time that allows us the good weather and freedom to spend more time outdoors and away from our home for even a few welcoming hours. For many of the clients we work with, their desire to age in place can also represent being limited to the confines of their home due to physical and/or cognitive disabilities.

Lucy, one of our clients was in just such a situation. Due to increasingly limited vision because of macular degeneration and glaucoma her ophthalmologist recommended she only drive on bright, sunny days. Although there are more bright sunny days in the

summer, there are also cloudy or rainy days that she can't drive to the local senior center to join friends to play mahjong or the book club discussion. This past winter left her feeling depressed because of feeling so isolated even though her Caring Choices care manager visited her weekly to take her to doctors appointments, assisted with filling her pill box and bill paying.

Lucy's daughter wants her to move near her in Delaware to an assisted living. Lucy wants to stay in her home. How can Lucy age in place with limited vision and its consequence? How can her daughter feel

less worried about her mother living alone?

Our care manager, Susan worked with Lucy to try having a companion agency find Lucy the right person to drive her on the days she wanted to be with her friends, to go grocery shopping and stop for a lunch. Lucy resisted, but eventually agreed to try it. The first companion wasn't the right fit for Lucy. Together with the companion agency and Susan, she was then matched with a lovely woman, who lives nearby. It gave Lucy back her independence.

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Upcoming Meetings

JULY 14

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—Madison Area Y, Madison

No Speaker—Please bring your own **Tips and Suggestions for Living Well with PD** to add to the already prepared presentation

JULY 20

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

Speaker—Margarita Llibre Rogers – AbbVie Patient Advocate Program

See insert for info about this program

Getting a Good Start Program for Newly Diagnosed

**Wednesday, July 15, 2015
1—4 PM**

**Robert Wood Johnson
University Hospital, New
Brunswick**

**Free of Charge; Registration
is required. Call 1-888-637-9584
for more info and to register.**



The New Jersey Chapter of the American Parkinson Disease Association is offering a Getting a Good Start program for people with Parkinson's who have been newly diagnosed within the last 3 years. Family and caregivers also invited.

The program includes

Overview of Medications for PD—
Lawrence Golbe, MD

Non-Motor Symptoms of PD—Deb
Caputo, NP

Benefits of Physical Therapy in

Improving Functional Mobility—
Cherry Oruga, PT;

**Benefits and Role of Occupational
Therapy in PD—**Kristen
DiGiacomo, OT

**Coping with the Emotional
Aspects of PD -** Helen Hunter,
ACSW, LSW

The Value of Support Groups—
Barbara Ringk

A panel of people with Parkinson's and their care partners will also be available to answer questions.

Parkinson's Unity Walk Wrap-Up



Our Westfield/Caring Choices Support Groups team raised \$2500 for Parkinson's research by participating in the annual Parkinson's Unity Walk in Central Park, NYC on April 25! Eleven thousand people walked that day and the total raised for the walk was \$1.7 million

Pictured left to right—
L i s a ,
B a r b a r a ,
P a t t y and
L i n d a .
Thanks to
our walkers
and all who
supported
us!



PDF Parkinson's Expert Briefing Webinars

**Tuesday, September 15, 2015
1-2 PM**

**Nutrition and Parkinson's
Disease**

**Heather Zwickey, PhD, Dean of
Research and Graduate Studies and
Professor of Immunology, National
College of Natural Medicine**

**Tuesday, November 10, 2015
1-2 PM**

**Cognitive Issues: Advice for
Parkinson's Care Partners**

**Rebecca Gilbert, MD, PhD, Clinical
Assistant Professor of Neurology,
Pathology and Psychiatry, NYU
Langone 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.



'Lucy'... continued from pg 1

In a recent NYTimes article, <http://mobile.nytimes.com/2015/06/23/health/at-home-many-seniors-are-imprisoned-by-their-independence.html?referrer=&r=0>, Paula Spam, The New Old Age writer is quoted as saying that "aging in place requires a variety of supportive services; creating and expanding them involves money, time and moving parts". For Lucy, aging in place in her home is working because she and her daughter trust our care manager Susan to guide them, support them and find solutions.

Call me at Caring Choices, 973-627-4087 to discuss your situation. We are

here to help you in your particular situation.

Maryann Porosky
LCSW/C-ASWCM
Founder and Director,



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PD Boxing

Rock Steady Boxing for People with PD

Monday, Wednesday, Friday
1-2:30 PM

94 North Ave, Garwood

CONTACT: Dayel Giammarino,
Coach/Trainer Rock Steady Boxing
Central Jersey Address: 94 North
Ave, Garwood, NJ Email address:
RSBoxingCJ@gmail.com
Phone: (908) 922-7280



Parkinson's Bermuda Cruise, A Great Success!

Twelve couples sailed with the leadership team of Roger Kurlan, MD, movement disorder neurologist, Jean White, fitness instructor, Herb Tinley, travel agent and Barbara Ringk, sponsor, to the lovely island of Bermuda. Beautiful weather, calm seas, interesting programs, plus all that Bermuda and the cruise ship had to offer each contributed to making this a very successful cruise. The exit survey provided high satisfaction ratings, so we will be planning another one for 2016 or 2017!



Group Picture

Kings Wharf, Bermuda



PD & Essential Tremor Seminar

Monday, July 6, 2015
10-11:30 AM

Doctor's Office Center
8th Floor Conference Rm,
90 Bergen St, Newark

Dr. Tasneem Peeraully, Dr. Antonios Mammis and the Neurological Institute of NJ will host a demo class of **Dancing for Parkinson's** led by

instructor **David Tamaki**. This event is free for people with Parkinson's and their care partners. Breakfast will be served. Parking fees will be reimbursed. To register call 973-972-0977.



MJFF Webinar

Thursday, July 16, 2015
12-1 PM

Why Might Constipation Be a Parkinson's Symptom?

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



Caring Choices
420 Boulevard, Suite 101
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
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 any day are welcome. Free parking available. June 10-July 29. For more parking information call 732-873-1222. For more info about classes call Anne Marie Francis at 848-932-1267 or email af Francis@rci.rutgers.edu

The Harmonies

**The Harmonies Choir
Fridays, Sep 11 to Dec 11
1 to 2:15 PM**

Overlook Medical Center,
Bouras Auditorium
99 Beauvoir Ave, Summit, NJ

Great news—the Harmonies, a community choir for people with Parkinson's and their families and care partners, will be back in the Fall. The choir will be rehearsing for their public concert on Sunday, December 13, 2-2:45 PM. To register or for more information, call 973-660-3533, email healingarts@atlantichealth.org or visit atlantichealth.org/healingarts.