

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 4

QUARTERLY NEWSLETTER

SEPTEMBER 2014

Having the Conversation

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

It was four years ago when I met with Helen and Bill for a care management consultation. They asked for my help because Bill was having difficulties related to his Parkinson's diagnosis. I did an assessment by asking very particular questions about the difficulties that Bill was having in an effort to keep him living in his own home. During our time together, Helen was able to talk about not having much time to do things that she once enjoyed. As part of the consultation, I made recommendations that helped both of them. As a result, Bill found a greater ability to move about, making it easier for Helen. At the time, Helen was considering changing their power of attorney from

her daughter to a cousin. We discussed whether this was a good idea and the outcome if she did this.

Often times, adult children are busy caring for their own families, their home and their work responsibilities. Their parents wish they could see them more often. How the parents let their children know this and other important concerns can be in forms of communication learned from their parents. What was role modeled in their own families as familiar interactions, might create tension in their relationship with their own children. What to do?

Helen and Bill called me. When I met with them again, I learned that Bill was

managing his Parkinson's pretty well. What changed was Helen's physical well-being. She was in need of help. Her daughter thought that the long term care policy might be able to be used in providing her mother with a few hours of assistance from a home health aide. The daughter assumed she was still the POA, who has the authority to have such questions answered by the LTC policy representative. That's when their daughter was told by Helen that she was no longer the POA.

The daughter left her parents' home feeling rejected and hurt by her mother who made this decision several years ago.

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Upcoming Meetings

SEPTEMBER 9

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

2:00 PM—CareOne, Whippany

Speaker—Lisa Griffin—Parkinson Action Network (PAN)

SEPTEMBER 15

PEOPLE WITH PD AND/OR THEIR CARE PARTNERS

1:00 PM—CareOne, Parsippany

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

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

Sunday, October 26, 2014
8:00 AM—NOON

**1030 River Rd, Johnson
Park, Piscataway**

Registration: 8:00-8:45 am

Program begins: 9:00 am

Race Starts: 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 Run/Walk and a 1/2 mile Fun Run. You can organize a team or walk as an individual. Registration is now open until 4 pm on October 25 at <http://apdaparkinson.donordrive.com/event/2014NJ5K>. Set up an online fundraising page and add photos. Donations may be made for this event until November 30. The registration fee is \$20 for walkers; \$25 for runners and \$10 for children 12 yrs. and under. Come out and enjoy a day in the park as a runner, a walker or part of the cheering section (for free). Walk t-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@optimum.net.



Atlantic Neuroscience Inst's 3rd Annual Day of Hope

Saturday, Sept. 6, 2014

9:30 AM—1 PM
(Registration at 9:00 AM)

**Bouras Aud, Overlook Med Ctr
99 Beauvoir Ave, Summit**

**Day of Hope: Living Well with
Parkinson's**

This event is for patients, care partners and community members to come together and learn about new research and to receive inspiration and information on helpful resources.

Speakers: Massimo S. Fiandaca MD, MBA Georgetown University Med Ctr, Neurology and Neuroscience Biomarker Laboratory and Biorepository "*Novel Approaches to the Early Diagnosis of Alzheimer's and Parkinson's*"

Marcie L. Rabin, MD, Movement Disorders Program, Overlook Medical Center "*Not Just for Wrinkles: Use of Botulinum Toxin (Botox) in Parkinson's Disease*"

Karen Rutberg, RYT, "*Mindfulness and Yoga*"

Presentations: Wellness and Support Program demonstrations; Vendor/Exhibitor Tables for local resources; St. Hubert's Therapy Dogs

This event is free of charge. Advance registration is required. Seating is limited. Discounted parking. Please call 1-800-247-9580 to register. Refreshments provided. For more info contact Caroline Sabatino at caroline.sabatino@atlantichalth.org.



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.



Conversation...cont. from pg 1

Helen called me because she was worried that she needed her daughter as her health needs were changing. And the daughter wouldn't talk to her.

With my help as mediator, we met a few times for this family to heal emotionally and practically. It would have been better if the parents, in this case, mother, and daughter were able to talk about the difficulty between them four years ago, when Helen made a decision that eventually fractured her relationship with her daughter, her son-in-law and the

grandchildren.

Even for those families who have good relationships, difficulties occur, especially when care decisions need to be made. I encourage you to get some advice to avoid damaged relationships, now and in the future. Having the conversation, whatever it's about, now can better ensure that your wishes are respected. It can be uncomfortable, as I mentioned earlier, but with guidance, it's doable and worthwhile for you and your family. You can call me at 973-627-4087.

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



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Two Parkinson Cruises 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. Tasneem Peeraully, MD, movement disorder specialist, will be a guest speaker. Details at <http://www.cccruisegroups.com/parkinson>

[bermuda-2015.html](http://www.cccruisegroups.com/parkinson/bermuda-2015.html). Call Herb Tinley toll-free at 1-800-959-SHIP for more info or reservations. 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.



Parkinson 9-night Cruise— May 21-30, 2015

Sail on Royal Caribbean's Liberty of the Seas. Leaves from and returns to Cape Liberty, NJ with ports of call in Kings Wharf, Bermuda, Philipsburg, St. Maarten, San Juan, Puerto Rico, and Labadee, Haiti. For more information contact Linda at linda@MainlyMeetingsTravel.com or 201-568-2146.

Bon Voyage!

National Parkinson Foundation Webinars

**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.

**Thursday, November 13,
2014 1—2 PM**

Practical Pointers: Caring for Someone with Parkinson's

Presenter: Julie H. Carter, RN, MS, ANP

Learn effective strategies to make life easier for you and your loved one.

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

Upcoming Classes & Events

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

The Harmonies Fridays, 12 wks, starting September 19, 2014 3:00 PM to 4:15 PM

Overlook Medical Center, Conf. Rm. #3, 99 Beauvoir Ave, Summit. Free of charge. A board certified music therapist will facilitate *The Harmonies* community choir. The group will work towards the goal of a public performance on December 7 at Overlook Medical Center. No singing experience necessary. Contact Daniel Marain, MT-BC, music therapist, coordinator of the Music Therapy Healing Arts Program at 973-660-3533 or daniel.marain@atlantichhealth.org for more info and to register.

Living Better with Parkinson's Forum Wednesday, September 10 9:30 AM—1:30 PM

Tower Hill Presbyterian Church,
255 Harding, Rd., Red Bank, NJ

Speakers: Shabar Danish, MD, Rocco DiPaola, MD, Eric L Hargreaves, PhD. This forum will feature local experts who will discuss medical technology and advancements, medication, as well as lifestyle management tips and techniques to better manage your condition and improve daily living. Lunch will be served. Registration is required. Valet parking is available. **To register, call 1-800-560-9990.**