

# Caring Choices

Planning & Assistance In Caring For Older Adults

*Care Management Specialists*  
973.627.4087



## Parkinson Support Groups

VOLUME 4 ISSUE 4

QUARTERLY NEWSLETTER

SEPTEMBER 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*

### Plan A Caregiver "Vacation"

A summer vacation for you? Does it seem like it's been too long since you as the caregiver has been able to get away? Memories of vacations give all of us a place to go in our minds, especially when those memories are of happy times together. Sometimes memories are not satisfying enough when you need time for yourself.

Being a full-time caregiver usually requires considerable sacrifices: your time, your family, your work, and the things you enjoy doing. It can also take its toll on your patience and your sanity, and at times strains your relationship with your loved one— and potentially other family members.

Recognizing you can't take care of your loved one full time is not giving up. Asking for help is not looking for a way out. On the contrary, engaging Caring Choices care management services is an act of love. It's the selfless task of realizing that you do not have the time or the training to deliver the full-time care your loved one requires.

At Caring Choices, we partner with families and advocate on behalf of the elderly, the sick, and disabled individuals. Our experienced and compassionate specialists can step in to recommend help over and above what you offer, or we can give you more of your life back and deliver the

services that will give your loved one the quality of life they deserve and the dignity they cherish.

So stop feeling guilty about not being able to do more – or not wanting to do more. Remember,

If you don't take care of yourself, you will not be able to be there for your loved one to give him/her the support he/she needs. For example, a vacation can be a day away for yourself every week. We can help you figure it out. Call me at Caring Choices today 973-627-4087.

*Maryann Porosky  
LCSW/C-ASWCM Founder  
and Director, Caring Choices*

### Upcoming Meetings

#### SEPTEMBER 8

**PEOPLE WITH PD AND/OR THEIR CARE PARTNERS**

**1:00 PM—Madison Area Y, Madison**

**Speaker—David Reiley – Swim, Inc.**

David will share info about free swim classes for persons with impaired mobility available at many locations around the state.

#### SEPTEMBER 21

**PEOPLE WITH PD AND/OR THEIR CARE PARTNERS**

**1:00 PM—CareOne, Parsippany**

**Speaker—David Reiley – Swim, Inc.**

David will share info about free swim classes for persons with impaired mobility available at many locations around the state.

#### Inside

Day of Hope	p 2
APDA-NJ Events	p 2
Expert Briefings	p 2
Exercise	p 3
PD Cruise	p 3
Care Partner Program	p 3
MJFF Webinar	p 3
PD Dance Classes	p 4
The Harmonies	p 4

## Atlantic Neuroscience Inst's 4th Annual Day of Hope

**Saturday, September 19,  
2015 9 AM—1 PM**

**Bouras Auditorium, Overlook  
Medical Center, 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.

**Atlantic  
Neuroscience Institute**



**Free of Charge; Advance  
Registration is required.  
Seating is limited.**

**Call 908-522-5901 for more info. To  
register call 1-800-247-9580.**

**Refreshments will be provided.  
Discounted parking is available.**

**Keynote Speaker: Alice M.  
Lazzarini, PhD** - Clin. Assist. Prof.  
of Neurol., Rutgers RWJ Med. Sch.  
Author, "Both Sides Now: A Journey  
from Researcher to Patient" - *A View  
from Both Sides of the White Coat*

**Speakers: Marcie L. Rabin, MD**  
Movement Disorder Neurologist,  
Overlook Med. Ctr.—*Not Just for  
Wrinkles: Updates on Botulinum Toxin  
(Botox) in Parkinson's Disease*

**Barbara M Ringk and Alan  
Stephenson**—Local Parkinson's  
Advocates—*Why Join a Support Group?*

**Presentations: Wellness and Support  
Program and local demonstrations**

**Vendor/exhibitor tables for local  
resources**

**St. Hubert's therapy dogs**

## APDA-NJ Optimism Walk/5K Run & Push-Ups for PD

**Sunday, October 4, 2015  
Johnson Park 1030 River Rd  
Piscataway**

**Registration: 8:00 AM  
Program Begins: 9:00 AM  
Walk/Run Begins: 9:15 AM**

The NJ Chapter of the American  
Parkinson Disease Association will  
hold its annual Optimism 5K Run/  
Walk and 1/2 Mile Fun Run on Oct 4,  
rain or shine.

**Registration Fees: \$25 Runners \$20  
Walkers \$10 Children 12 and under**

Run/walk as an individual, join the  
Westfield/Caring Choices Support  
Group team or form your own team  
for a fun day of exercise, music, food  
and prizes in the park. If you can't join  
us for the walk, please sponsor the  
team or walker/runner at  
[www.apdanj.org](http://www.apdanj.org) or call 732-745-7520.



**September 20-27, 2015  
RWJ Fitness Centers and other  
locations** Push-Ups for Parkinson's  
fundraiser. It's easy - get sponsors to  
pledge any amount per push-up (e.g.  
10¢, \$10 or \$100). Go to a  
participating fitness center and do as  
many push-ups in one minute as you  
can and have it verified by the gym  
employee during the week of Sep 20-  
27. Collect the money from your  
sponsors and turn it in to APDA-NJ  
by Oct 15. Call 732-745-7520 for info.

## 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](mailto:info@pdf.org) or visit  
[www.pdf.org](http://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**

## Exercise, Exercise, Exercise—Lots of Opportunities!

### Rock Steady Boxing Central Jersey

Monday, Wednesday, Friday 1-2:30 PM

Monday, Friday 7:45-9:15 PM

340 North Ave, Garwood (New Address!)

#### CONTACT:

Dayel Giammarino, Coach/Trainer

Email address:

[RSBoxingCJ@gmail.com](mailto:RSBoxingCJ@gmail.com)

Phone: (908) 922-7280

### Delay the Disease

Monday 6:15-7:10 PM

Tuesday 2:00-2:45 PM

Wednesday, Friday 11:00 AM-noon

Westfield Area Y, Clark St

#### CONTACT:

Jean White, Certified Fitness Instructor

Email address:

[jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

Phone: (908) 233-2700 ext 246

### Yoga

Wednesday 10:45 AM-noon

The Connection, 79 Maple St,

Summit

#### CONTACT:

Karen Rutberg, RYT

Email address:

[karen@karenrutberg.com](mailto:karen@karenrutberg.com)

Phone: 908-763-0564

### PD Exercise Class

Wednesday 1:30-2:30 PM

Madison YMCA, 111 Kings Rd

#### CONTACT:

Susan Sheeley

Phone: 973-822-9622

### ANI PD Exercise Classes

The Connection, Summit and Berkeley Heights YMCA. Email for days and times.

#### CONTACT:

Robert D'Egidio

Email address:

[Robert.D'Egidio@atlantichhealth.org](mailto:Robert.D'Egidio@atlantichhealth.org)

### Dancing for Parkinson's p.4

## 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).



## Care Partnering Program-Westfield Y

Wed, September 30, 2015

12:15 AM-2:15 PM

Westfield Area Y

220 Clark St, Westfield, NJ

Leaders: Marie and Bob

Boswell

This program is for **both** people with PD **and** caregivers. We will be looking at

caregiving in a new and refreshing way that unites two individuals in a nurturing situation, which benefits both partners in surprisingly powerful ways. Explore the ways that make your unique relationship a source for personal growth with insights into understanding and compassion using the simple tools of communication and openness.

## MJFF Webinar

Thursday, September 17, 2015

12-1 PM

**Sexual Dysfunction and Parkinson's Disease**

For more information and to register, visit [www.michaeljfox.org](http://www.michaeljfox.org).

  
THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH

Caring Choices  
420 Boulevard, Suite 101  
Mountain Lakes, NJ 07046

Phone: 973-627-4067  
Website: [www.caringchoicesgcm.com](http://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.

IN MEMORIAM

ELLIOTT SUDLER JULY 17, 2015

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

### Tuesdays

12:30—1:30 PM

HNH Fitness  
514 Kinderkamack Rd  
Oradell, NJ  
888-236-4236

No fee for class. Registration is not required. Lead Teacher: David Tamaki  
Contact: [david@njballet.org](mailto: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

### Saturdays

11:00 AM to 12:00 PM

Nicholas Music Center  
85 George St, Douglass Campus,  
New Brunswick, NJ

Free classes led by professional dancers/PD movement instructors. David Tamaki, primary instructor.  
Contact: [david@njballet.org](mailto:david@njballet.org)

## The Harmonies

### The Harmonies Choir Fridays, Sep 11 to Dec 11 1:00 to 2:15 PM

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

The Harmonies, a community choir for people with Parkinson's and their families and care partners, will begin rehearsing for their public concert on Sunday, December 13, 2-2:45 PM. Your voice may get softer as your PD progresses. Singing is a great way to exercise your voice and have fun at the same time! To register or for more information, call 973-660-3533, email [healingarts@atlantichhealth.org](mailto:healingarts@atlantichhealth.org) or visit [atlantichhealth.org/healingarts](http://atlantichhealth.org/healingarts).