



# The Center for Parkinson's Disease

## Fall Newsletter

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### **Administrator's Note**

The Center for Parkinson's Disease celebrated its sixth anniversary in September – a milestone to honor, not only because of all that we have created and achieved together, but also because of the continued strength of this amazing community. Our Rock Steady Boxers have boxed in over 2600 classes (over 1000 of them on Zoom!) for a total of more than 23,000 class visits. Sing Loud for PD continues to bring together singers from across the country for our once weekly Zoom class, and I'm grateful to be able to offer Paint at the Parrish and EAT WELL with Parkinson's in collaboration with community partners. None of this would be possible without the support of our coaches, instructors, volunteers, and of course all of you - thank you!

We have several new programs starting this month. A Matter of Balance is an evidence-based falls prevention program, and we are thrilled to be able to offer a Parkinson's-specific pilot workshop in collaboration with MaineHealth. In addition, our very own Ragan Ingram is partnering up with the American Parkinson Disease Association to offer a once-monthly, in-person support group for participants and care partners. Finally, as we continue to grow the resources and support services of our inter-professional allied healthcare team, we will be offering community-based, group classes to create that important link between clinical and community programs.

As always, don't hesitate to reach out with questions, suggestions or concerns. Enjoy these cool, sunny days, and I look forward to seeing all of you in person soon.

In gratitude,  
Sarah

**Sarah Cohen, Administrator**  
Center for Parkinson's Disease  
Stony Brook Southampton Hospital



We are back in-person! Thank you to Coach Seth and our Hampton Bays Rock Steady Boxers who welcomed Stony Brook University Doctor of Physical Therapy students to the classes this fall. It was a great learning experience for the students and fun was had by all - Rock Steady!

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## Congratulations to Coach Michelle!



For the third year in a row, Coach Michelle was asked by Rock Steady Boxing Headquarters to present at the annual RSB Coach Con. This was the largest conference to date, with over 270 RSB coaches attending from all over the country.

Coach Michelle led an interactive workshop - Partner Boxing Drills - and led over 70 coaches through the upper cuts, jabs and hooks!

Congratulations Michelle!

Coach Michelle and Ryan Cotton, President and CEO, RSB

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## Save the date: Upcoming Programs

**APDA Parkinson's Support Group Meeting, In-Person**  
**Second Friday of the Month, 1 pm to 2 pm**

Please join us for a new support group, offered in collaboration with the American Parkinson Disease Association and Stony Brook Southampton Hospital's Center for Parkinson's Disease. The support group will meet once monthly in-person and is offered to individuals living with Parkinson's disease and their care partners. Registration is required. For more information, please call (631) 726-8600 or email [ragan.finalborgo@stonybrookmedicine.edu](mailto:ragan.finalborgo@stonybrookmedicine.edu).

**Sunday "Share and Care" Support Group**  
**Last Sunday of the Month, 12 pm to 1 pm**

Stony Brook Medicine's Parkinson Support Group is open to individuals living with Parkinson's disease. Our next meeting will be held on **Sunday, October 29** and will include a special educational presentation on Deep Brain Stimulation by Dr. Guy Schwartz.

You may register [here](#), or call Erin Harabes: (631) 444-3448.

**A Matter of Balance for Parkinson's**  
**Tuesdays through November, 4:30 pm to 6:30 pm**

A Matter of Balance is an evidence-based falls prevention program shown to decrease fear of falling and improve activity participation. This 9-week, virtual pilot workshop is designed specifically for people living with Parkinson's disease and their care partners. You may register [here](#) or call: (631) 726-8600.

**Paint at the Parrish**  
**Thursday, October 19, 11 am to 12 pm**

Paint at the Parrish returns to the Parrish Art Museum. Join us for a gallery tour and hands-on, multimedia project in the art studio. You may register [here](#) or call: (631) 726-8600.

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## In the Know ...

**Parkinson's Pals at Stony Brook University**

**Parkinson's Pals** facilitates inter-generational connections between college students and individuals living with Parkinson's disease. Stony Brook University is launching a chapter and looking to forge partnerships and virtual connections between university student volunteers and people living with PD. To learn more about the **Stony Brook University Parkinson's Pals** program, please email: [parkinsonspals.sbu@gmail.com](mailto:parkinsonspals.sbu@gmail.com).

**MJFF Podcast: Food for Thought - Answering your Questions on Diet, Brain Health and Parkinson's**

The Michael J. Fox Foundation's Senior VP of Medical Communications

The member of FOX Foundation's Senior VP of Medical Communications, Rachel Dolhun, MD sat down with expert dieticians, including our very Paula Montagna, Director of Clinical Nutrition at Stony Brook Southampton Hospital, to discuss nutrition and healthy living with Parkinson's disease.

You may listen to the podcast [here](#) and hope you enjoy Paula's recipe below!



## No Bake Brownie Fudge Balls

### Ingredients:

- 1 15 oz can of black beans
- 7 Tbsp of raw cacao powder
- 10 medjool dates (soaked in water for 2-3 hours)
- 1/8 tsp of Himalayan salt
- 9 Tbsp Enjoy Life dark chocolate chips
- 1 cup Organic, shredded unsweetened coconut



Enjoy these sweet treats loaded with powerful antioxidants from black beans and cacao powder, and prebiotic fiber from the medjool dates and black beans to feed our good bacteria.

### Instructions:

- Rinse the black beans and drain. Rinse the dates and drain. Put into a food processor along with cacao powder and salt.
- Blend until smooth. Add the dark chocolate chips and process for 5-10 seconds, just until chips are gently chopped in batter.
- Roll batter into ½ inch balls (makes 30 fudge balls).
- Roll balls into shredded coconut.
- Refrigerate until ready to eat. Great with fresh fruit!

Paula Montagna, MS, RD, CDN  
Stony Brook Southampton Hospital  
Director of Clinical Nutrition

## Research Updates

### **Research Study Opportunity** **Peripheral Biomarkers in Dementia with Lewy Bodies and Mild Cognitive Impairment with Lewy Bodies**

Researchers at Stony Brook Medicine are recruiting patients for a study evaluating different peripheral markers of inflammation and examining the correlation between these markers and clinical features in Dementia with Lewy Bodies (DLB) and Mild Cognitive Impairment with Lewy Bodies (MCI-LB). This study is open to people with DLB and MCI-LB age 40 and over.

Participants in this study will be invited to participate in future clinical research on DLB and MCI-LB at Stony Brook University. For more information, please call (631) 444-7513 or email: [sandra.skinner@stonybrookmedicine.edu](mailto:sandra.skinner@stonybrookmedicine.edu).

You may access the research flyer [here](#).

All of our programs are offered at no charge, thanks to the generosity of our community. Please consider making a donation to the Center for Parkinson's Disease. **Donate here.**

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