



The Center for Parkinson's Disease at Stony Brook Southampton Hospital

Administrator's Note

This past September the Center for Parkinson's Disease at Stony Brook Southampton Hospital recognized its 5-year anniversary. We launched in September 2017 with two programs and 12 total participants. Today, with the support of our incredible team at the hospital, our coaches and instructors, volunteers, and of course, all of you, we now offer ten different programs with over 250 participants having enjoyed at least one of our classes. It is amazing to reflect that we have spent half of that time exercising, cooking, singing, painting and connecting on Zoom! I recognize that the past couple of years have been unbelievably challenging for many of us, and I continue to be awed by the generosity, compassion and support of this community. As we enter the season of holiday excitement, and stress, I wish you all moments of calm and reflection, and many more of connection and laughter!

With gratitude,
Sarah

Sarah Cohen, Administrator

Center for Parkinson's Disease
Stony Brook Southampton Hospital

EAT WELL with PD

As the weather gets cooler, and we look ahead to celebrations and shared meals, it is a perfect time to explore new, seasonal recipes and learn tips and tricks to make healthier choices throughout the holiday season. **EAT WELL with PD** kicks off this month with a guided tour of the [East End Food Institute's Food Market](#). In November, Paula Montagna, Director of Clinical Nutrition will provide a virtual lecture on **Power Foods for Parkinson's**, and we will conclude our fall series in-person at the East End Food Institute for some (almost) healthy holiday baking. Join us for one or all of the workshops! To register please call: (631) 726-8800 or email: ragan.finalborgo@stonybrookmedicine.edu.

From Paula's Kitchen

Ingredients

- 1 lb carrots (6-7 large carrots), peeled and chopped
- 3 tablespoons olive oil, divided
- 1 medium onion, quartered
- 3 cloves garlic
- 1 tablespoon minced fresh ginger
- 2 teaspoons turmeric
- 1 teaspoon cumin

- 4 cups low sodium vegetable broth
- 1/4 teaspoon salt
- 1/2 cup lite coconut milk, for serving as desired
- Cilantro or parsley for garnish



Directions

- Preheat oven to 400 degrees. Place chopped carrots on baking sheet. Drizzle with 1 tablespoon olive oil; toss to combine. Place in oven and roast for 12 minutes
- Remove from oven and add onion, breaking each quarter in half, garlic cloves and 1 tablespoon olive oil. Stir to cover with the olive oil. Place back in the oven and roast additional 12 minutes
- Meanwhile, in a large stockpot on the stove, saute the remaining 1 tablespoon olive oil, minced ginger, turmeric and cumin over medium heat until fragrant, about 30 seconds. Add in the vegetable broth; stir and bring to a simmer
- Add in the roasted vegetables; bring to a boil. Remove from heat. Using an immersion blender, puree the vegetables until the soup is a smooth consistency. If you don't have an immersion blender, work in batches and transfer to blender and blend until pureed, return to pot. Serve with a splash of coconut milk. Garnish with cilantro or parsley, and enjoy!

Movement and Mindfulness for Care Partners

Movement and Mindfulness for Care Partners is a seated class that combines Mindful Movement, Breath Awareness, Restorative Yoga, Reiki and Mindful Meditation to help promote healing and relaxation, uniquely supporting our care partners. Each class includes gentle movements, breath work and mindfulness to decrease stress and create a deeper mind/body connection. Classes are led by Eric Pettigrew, who has been a teacher and practitioner of yoga for over 20 years. He brings to this class his passion for movement and healing through yoga and his experience as an Urban Zen Integrative Therapy instructor.

Join us on Zoom, Mondays, 1:30 PM. You may register [here](#).

Rock Steady Boxing



Boxer Profile

Introducing Robin Young Roe!

With a Parkinson's diagnosis, you have the option of being a Victim or a Warrior. Warrior is lots more fun and that is where Rock Steady Boxing comes in handy. For a couple of hours a week, I throw punches, slips and more in a vigorous program led by talented, inspiring coaches. During our sessions we work hard and laugh harder, leaving at the end of the session damp with sweat and renewed with the feeling that we are in control and ready for the battle.

Coaches Corner

Coach Sensei Michelle is just back from the national RSB Coach Convention in Denver, CO, where she networked with other coaches, attended lectures and led her own conference workshops for other RSB Coaches! Here is what she has to say:

"My time at the RSB Coach Convention in Denver was so rewarding. I was able to learn new drills that I can immediately apply in all of my classes, both virtually and in-person. I learned more about the science of Parkinson's and how high intensity interval training (HIIT) is helpful for creating new neuro pathways and stimulating older neurons. Finally, I had over 50 coaches attend my sessions on Boxing drills. We had a lot of laughs and everyone enjoyed the interactive partner drills that I taught them! I'm grateful for the opportunity and excited to use everything I learned in our classes!"



In the Know

On September 22, 2022, the national Parkinson's community came together to urge members of Congress to co-sponsor and support *The National Plan to End Parkinson's Act*. This legislation will create a shared mission to prevent and cure Parkinson's by increasing research funding and awareness; improve access to care and ensure those living with Parkinson's receive the support they require and deserve. Learn more from the Parkinson's Foundation [here](#).

Research Updates

Orchestra Study at Stony Brook Medicine

SBM doctors are researching an investigational medication for early stage Parkinson's disease. The medication is being evaluated to see if it can slow the progression of the disease. You may qualify to participate in this research study if: you are 40 to 75 years of age and suspect you have Parkinson's disease or have been diagnosed with Parkinson's disease less than two years ago; you are experiencing slowness of movement, muscle stiffness, rigidity, tremor or shaking. To learn more, please contact Sandra Skinner at: 631-444-7513 or sandra.skinner@stonybrookmedicine.edu.

Topaz Study

Researchers at Stony Brook Medicine are teaming up with the Parkinson's Foundation in the TOPAZ study, which will test if a medicine called zoledronic acid can prevent fractures in people with PD. To learn more, visit: TOPAZstudy.org or call: 1-800-4PD-INFO. To learn more about active studies, visit [Stony Brook Parkinson's and Movement Disorder Center](#).



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