



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

### Administrator's Note

Thanks to the determination and flexibility of our RSB Coaches, we successfully launched in-person boxing classes in November, welcoming back our fighters in small groups to exercise and cheer together. It was a joy to be with you all, to observe the skill and passion of our Coaches and to share the energy and camaraderie of this community. It made me realize how much I miss being together on a regular basis. With your well-being as our priority, we paused in-person programming in December. Yet, I am hopeful that this pause will be brief, and we will be able to resume in-person classes soon. In addition, April is **PD Awareness Month** – a time to raise awareness about Parkinson's disease, educate ourselves about new research and advances and an opportunity to celebrate our community. I will be announcing several events, including a lecture series, virtual social gathering and a PD Awareness Month Challenge. Stay tuned! Finally, I would like to thank all of you for your continued support of the Center for Parkinson's Disease and our programs. I am humbled each day by your generosity, compassion and dedication. Thank you.

In gratitude,

Sarah

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

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### In the Know

Over the past year, many of the national Parkinson's organizations have prioritized health equity, working to ensure that much needed research dollars and support services are available to optimize care for all in the Parkinson's community. While not exhaustive, I hope the resources below may be helpful.

**Parkinson's Pride: Parkinson's Foundation**

**PD Solo: Parkinson's Foundation**

**PD 101 in Spanish: Parkinson's Foundation**

**Parkinson's Disease and the African American Community: APDA**

### Research Hub

Stony Brook Medicine is actively recruiting for several clinical research studies. For more information, please visit **Stony Brook Parkinson's and Movement Disorders Center**.

## Qigong for Parkinson's



Wishing all a Happy Year of the Water Tiger!

Our Qigong for Parkinson's class welcomed this new Lunar New Year as celebrated in many Asian cultures from February 1 to the 14th by practicing our healing movements. We learned and worked on our steps slowly, feeling the movement coming from our dantien (our center) and then moved together (on zoom) in the Dance of the Water Tiger, feeling the strength and determination of the Water Element and the grace and unity of the Fire Element in the movement.

We wore our bright colors and brought oranges and had fun!

Qigong for Parkinson's is held every Friday at 2pm. **Register here**

## From Paula's Kitchen

**Happy Valentine's Day! How about making a special, dark chocolatey treat! This Chocolate Hummus is loaded with fiber, protein, antioxidants (from the Dark Chocolate Cacao) and a touch of sweetness with pure maple syrup!**

### Ingredients:

- 15 ounce can of chickpeas (or 1 1/2 cups cooked)
- 1/4 cup tahini, or nut butter
- 1/4 cup maple syrup or agave syrup, to taste
- 1/2 cup cocoa powder (Dutch process or dark chocolate, if desired)
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt

### Instructions:

- Rinse and drain the chickpeas into a glass measuring cup and reserve.
- Add the chickpeas, tahini/nut butter, maple syrup, cocoa powder, vanilla extract, kosher salt and 2 tablespoons water to a food processor.
- Taste. Adjust sweetness as needed.
- Add additional 1 to 2 tablespoons water and puree again to come to a creamy consistency. Store refrigerated for 7 to 10 days.
- Serve with graham crackers, pretzels, pineapple, green apple slices, and



## Boxer Profiles



### Bonnie the Tsunami!

When I was diagnosed with Parkinson's approximately ten years ago, I learned about the Rock Steady Boxing program. When I told my friends and relatives, I was going to be involved in this program they were all incredulous. The general comment was "you are more a lover than a fighter." I showed them. I am seriously involved in fighting my Parkinson's through boxing. The boxing makes me feel stronger physically as well as mentally. The camaraderie of the group contributes greatly. As well, doing the boxing helps me to compensate for the activities such as tennis, running and hiking that I did pre-Parkinson's. I would like to thank all of the people involved in the program, particularly Michelle, Rita and Sarah for all their support.

### Kelly the Knock-out King!

I was diagnosed 14 years ago with Parkinson at age 60, and it has been progressing, slowly, thankfully, in part due to my active lifestyle. I have been quite active physically all my life and enjoy outdoor activities including kayaking, hiking and bike riding. I am a 55-year volunteer member of the Springs Fire Dept., and I am retired from thirty-five years serving in the Coast Guard Reserve following 4 years of active duty in the US Navy.

RSB is a big part of my life now. The coaches and volunteers are the best in training and support. The boxers are the best in support, camaraderie, inspiration, and friendship whether in person or on Zoom. I'm not sure how I would be without RSB – not good, I'm sure! I believe Stony Brook Southampton Hospital has done a great job with leadership and inspiration. Susan, my wife, and I look forward to it every week. With the loving support of Susan and the Rock Steady Boxing team, I am better able to cope with this disease. Rock Steady!



**Please Join us!**

The 28<sup>th</sup> **Parkinson's Unity Walk** will be held in Central Park on April 23, 2022! Join the Stony Brook Medicine Parkinson's Team to donate funds or join us in NYC to walk! **Register here.**

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Stony Brook Southamptom Hospital



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