



The Center for Parkinson's Disease

Administrator's Note

April is Parkinson's Disease Awareness Month – a time to educate the community about the disease and raise awareness about funding and research efforts. For me, Parkinson's Disease Awareness Month is also a reminder to celebrate the Parkinson's community here on the East End of Long Island.

Together, this year, we participated in over 650 on-line classes, with over 6000 class visits. That is amazing! We have boxed in over 500 classes, stretched and breathed in 53 virtual yoga classes and meditated in close to 50 Qi Gong Zoom classes. Our Sing Loud for PD class has over 150 singers joining each week from all over the world, many of whom email me regularly requesting that we continue these classes on-line, even once we are able to be in-person, because they don't have access to PD-specific programming in their own communities.

You have created this, and I continue to be amazed at the commitment, dedication and compassion of this community. From the bottom of my heart, thank you. This cheesy cheer is for you:

In April we observe World Parkinson's Day,
Making others aware, in whatever we say:
That Rock Steady Boxing is worldwide in scope,
Fighting Parkinson's, giving us all strength and hope!

Taking a moment to celebrate all who are dear,
and sending you all a heartfelt cheer!

Cheesy cheer credit: Gordon Gagliano

Be well,
Sarah

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

Stony Brook Southampton Hospital, Stony Brook Medicine, New York Institute of Technology College of Osteopathic Medicine and the Friedberg JCC in Oceanside are partnering with the American Parkinson Disease Association to offer an April lecture series that honors and celebrates the Parkinson's community on Long Island.

Please join us for one or all four programs. Lectures will take place via ZOOM on Fridays in April, 11:00AM – 12:00PM with the following schedule:

April 16th: EAT WELL with PD Cooking Demo and Nutritional lecture

Presenters:

Paula Montagna, Director of Clinical Nutrition
Stony Brook Southampton Hospital

April 23rd: Parkinson's Disease: Tips, Tricks and Resources for Coping with your Diagnosis

Presenters:

Caitlin Miranda, PhD, Clinical Neuropsychologist, Stony Brook Medicine
Erin Harabes, LMHC, Neuroscience Navigator, Stony Brook Neurosciences Institute
Gloria Lebeaux, LCSW, Director of Social Work Services, Barry and Florence Friedberg JCC

April 30th: Sing Loud with PD: A chorus for people living with Parkinson's disease and their care partners.

Presenters:

Valerie diLorenzo, Musical Director

[SIGN UP HERE!](#)

In the Know:

The American Parkinson Disease Association offers a robust schedule of educational webinars, addressing a range of issues related to living with Parkinson's disease.

To learn more, please visit the APDA's website **[HERE](#)**.

Have you explored Stanford Medicine's Parkinson's Community Outreach website? One of the silver linings of COVID-19 has been the explosion of on-line classes, lectures and support group resources. Stanford Medicine Parkinson's Community Outreach website has done a wonderful job of listing many of these resources in one place. You might even see our Sing Loud for PD program listed!

Check it out **[HERE](#)**.



Boxer Profile

Introducing ...Janet Barr!

After Janet Barr was diagnosed with Parkinson's disease in 2014, she wanted to learn more about the disease and made inquiries about support groups.

She found a couple in the area and it is there that Janet heard about Rock Steady Boxing.

As soon as classes started in Hampton Bays at the Ed and Phyllis Davis Wellness Institute, Janet was on board and eager to learn. As time progressed Janet realized that not only were the exercises helping her fight PD, but also the social interaction with the other participants was very stimulating. Now, even though the classes are on zoom, the group friendship continues. She says it is great to be part of a group that is focused, kind, and empathetic towards each other.

Janet was recently profiled in an article in the Southampton Press about the Center for Parkinson's Disease - GO JANET!

[Southampton Press Article](#)

Parkinson's Unity Walk: April 24th

Many of us have participated in the Parkinson's Unity Walk in the past, traveling to New York City to join forces with other teams walking in Central Park to bring awareness to the disease.

This year, the Parkinson's Unity Walk is virtual. We will walk separate, but still united in our efforts to raise money for Parkinson's research.

Will you join our team? [Register Here](#)

Research Studies

Interested in learning about research opportunities?

Stony Brook
Neurosciences Institute
Parkinson's and
Movement Disorders
Center is actively
recruiting for several
different studies. Learn
more [HERE](#).



Stony Brook Mind-Body Clinical Research Center proudly presents

SMART Parkinson's



Join our free, virtual Parkinson's Stress Management and Resiliency Training (SMART) Study

8 weeks
Tuesdays at 5 pm
90 minutes via
Microsoft® Teams

Who is eligible?

- People recently diagnosed with Parkinson's disease and their caregivers

What benefits can you expect from this study?

- Learn relaxation and mindfulness techniques
- Decrease physical, emotional and mental stress
- Feel more connected to yourself and others

You may be compensated up to \$50 for participating in this research study.



Supported by a community grant from the Parkinson's Foundation, the SMART Parkinson's Program is free for patients and caregivers.

For more information or to see if you meet our eligibility criteria, please call

(631) 632-3797

Email Lucero.Molina@stonybrookmedicine.edu



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