



The Center for Parkinson's Disease

Spring Newsletter

Administrator's Note

Congratulations to all who participated in our second annual **PD Awareness Month Virtual Walking** challenge. Together, our team walked 2061 miles, beating last year's record and out-stepping the Southampton High School track team!

On May 1, we hosted an in-person awards ceremony at the Southampton High School track to celebrate and present awards to both teams. The collaboration also honored our partners in the community, with a special thank you to our Rock Steady Boxing coaches for leading our team and to the Southampton Elementary School Community Service Club for their beautiful cards and encouragement throughout the month of April.

Enjoy the warmer days, and I hope to see all of you at our summer events.

In gratitude,
Sarah

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



Photo credit: Amanda Mullin

Program Updates

A Matter of Balance for Parkinson's (AMOB-P)

June 14 - August 9

Wednesdays, 10am to 12pm via Zoom

Registration is now open for A Matter of Balance for Parkinson's. AMOB-P is a 9-week virtual workshop developed specifically for people living with Parkinson's disease and their care partners. This falls prevention pilot program is based on A Matter of Balance: Managing Concerns about Falls®, emphasizing practical strategies to reduce fear of falling and increase activity levels.

Offered at no charge through a collaboration with the Center for Parkinson's Disease at Stony Brook Southampton Hospital, NewYork-Presbyterian Hospital, MaineHealth and the North Carolina Center for Health and Wellness and North Carolina Falls Prevention Coalition Partners.

To register, click **HERE** or call (631) 644-6667 or email: sarah.cohen@stonybrookmedicine.edu

Care Partner Support Group

The Center for Parkinson's hosts a monthly Care Partner Support Group on the third Thursday of each month from 2-3pm. If you wish to join, you may register **HERE** and you will receive a zoom link the morning of the

may register [HERE](#) and you will receive a zoom link the morning of the program.

For more information, please contact Ragan at:
ragan.finalborgo@stonybrookmedicine.edu.

Save the dates: Summer Events

Film & Talk at the Parrish Art Museum: Screening of Capturing Grace

Friday, June 23, 6pm, Parrish Art Museum

Join us for a special screening of **Capturing Grace**, an award-winning film directed by David Iverson. The documentary film follows the Brooklyn Parkinson Group as they attend classes at the Mark Morris Dance Center and captures how they rediscover what they thought they had lost to Parkinson's disease.

The film will be followed by a conversation with Director David Iverson, David Leventhal, Program Director and founding teacher of Dance for PD®, a program of Mark Morris Dance Group, and Sarah Cohen, PT, DPT, at Stony Brook–Southampton Hospital's Center for Parkinson's Disease, moderated by Deputy Director of Art Education Martha Stotzky.

Advance ticket purchase with pre-event registration is recommended as ticket numbers are limited. You may purchase tickets directly via the Parrish Art Museum [here](#).

Strike Fast, Dance Lightly: Artists on Boxing **Saturday, July 29, The Church, Sag Harbor** **3:30pm private tour, 5:00pm community lecture**

This summer, The Church in Sag Harbor will host the exhibit *Strike Fast, Dance Lightly: Artists on Boxing*.

As part of community programming surrounding the exhibit, The Church has invited our Rock Steady boxers, friends, family and community to attend a private screening of the exhibit followed by a lecture presented by Michelle Del Giorno and Sarah Cohen. Please mark your calendars for this special event!

In the know...

Parkinson's disease biomarker - what does it all mean?

In April 2023, the **Michael J. Fox Foundation** announced the discovery of a Parkinson's disease biomarker. If you are looking for clear information on how the discovery came about and what it all means, check out this **blog post** on Parkinson's Secrets by Michael S. Okun MD.

(Reposted from Ending Parkinson's Disease)

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PD Awareness Month Lecture: Non-Motor Symptom Management

The Long Island Parkinson's Disease Coalition hosted a PD Awareness Month Virtual Lecture with expert speakers discussing *Non-Motor Symptom Management*. If you were unable to join the lecture, a recording of the presentation may be accessed [here](#).

Parkinson's Pals at Stony Brook University

Parkinson's Pals facilitates inter-generational connections between college students and individuals living with Parkinson's. 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 **Parkinson's Pals**, please call: (929) 264-2173 or email: parkinsonspals.sbu@gmail.com.

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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