



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

Administrator's Note

April is Parkinson's Disease Awareness Month, a time to raise awareness about the disease and generate much needed financial support for programs and research efforts. It is also an opportunity to pause and celebrate this amazing community. Throughout the month, we came together for lectures organized in collaboration with Stony Brook Medicine, the Barry and Florence Friedberg JCC-Oceanside and New York Institute of Technology. Many of us participated in the inspiring Unity Walk in Central Park – the weather was gorgeous, and our team raised over \$500 for PD research. Finally, we had 60 participants compete in our virtual PD Awareness Month Walking Challenge, and collectively we walked and stepped 2079 miles in the month of April – that is amazing!

I am continually humbled by the spirit, laughter and unwavering determination of this community. Thank you for your support and all that you do!

In gratitude,
Sarah

Sarah Cohen, Administrator

Center for Parkinson's Disease
Stony Brook Southampton Hospital

Parkinson's Disease Awareness Month Walking Challenge

Thank you to all of you who stepped along with us during the Parkinson's Disease Awareness Month Walking Challenge, and congratulations to our winner and runners up! Our team walked and stepped over 2000 miles, and every step you took (standing or seated) helped move our team forward. In addition, the generosity of local sponsors prompted the launch of our pilot Massage Therapy Program, which will provide four free, half-hour massage treatments to our Parkinson's community.

Thank you Gubbin's Running Ahead, Fowlers Garden Center, Catena's Market and Main & Prospect for your support.

If you would like more information about the Massage Therapy Program, please connect with Ragan at ragan.finalborgo@stonybrookmedicine.edu.

Be Fit

New to our program offerings, **Be Fit for Parkinson's** launched in April. This strength training class is designed specifically for people living with Parkinson's disease and their care partners. Resistance training can improve strength, power and functional mobility, and this 45-minute virtual class focuses on the basics of strength training in a safe, group format. Learn more about the benefits of strength training [HERE!](#)

A note from Sensei Michelle:

"The **Be Fit for Parkinson's** class is off to a ferocious start! Everyone has been enjoying the challenging workout. It's an action packed, 45-minute strength training class, and our fighters are really getting their sweat on. Seth and I are looking forward to continuing another series of Be Fit classes for our Parkinson's Warriors, as we all continue to Fight, Fight, Fight!"

EAT WELL with Parkinson's

For the first time in two years, we will be gathering in-person with our amazing collaborating partner, the [East End Food Institute](#). Please join us on Tuesday, June 21st for an in-person lecture, cooking workshop and a shared meal. You may register [HERE](#).



Introducing Marta!

Welcome Marta Kazandjian MA CCC-SLP, BCS-S, FASHA, NBC-HWC!

Marta is a nationally recognized Medical Speech Pathologist who is Board-Certified in Swallowing

Disorders, Clinical Assistant Professor at Stony Brook University and the Supervisor for the Department of Speech Pathology and Swallowing here at Stony Brook Southampton Hospital. Marta comes to Stony Brook Southampton Hospital with over 30 years of clinical, academic, and research experience and specializes in communication and swallowing impairment in patients with neurological diagnoses, neurodegenerative diseases, pulmonary conditions and laryngeal impairment. Learn more about Marta [here](#).

The Center for Parkinson's is thrilled to host Marta as part of the EAT WELL culinary series. She will be presenting virtually on July 26th, providing important information on how to support safe swallowing while maximizing optimal nutrition. This virtual workshop will be offered in collaboration with Paula Montagna, MS, RD, CDN, Director of Nutrition and will include recipes and a cooking demonstration. 4:30-5:30 PM via Zoom. You may register [HERE](#).

Boxing Corner

Our Rock Steady Boxing program is slowly starting to transition back to in-person classes. Our program relies on the dedication and expertise of our amazing volunteers. From all of us – thank you! We couldn't do it without you.

Volunteer Spotlight: Kristin King Davey

"I began volunteering for the Rock Steady Boxing program in 2018, in honor of my dad, a Parkinson's Disease warrior. What I didn't realize, was that I would get so much more out of volunteering than I could possibly give in return.

Being among this group of humble warriors, surrounded by enthusiasm and positive energy as they cheer each other on and fight back with fierce determination is incredibly inspiring and motivating.

Though they may not have chosen to be a part of this community, the camaraderie and support created through Rock Steady Boxing are extraordinary.

Through my experiences as a volunteer, I have learned so much about both optimism and resilience. I'm truly honored to be a small part of this inspiring group."

-Kristin King Davey



In the Know

ParkinsonTV and Ending Parkinson's Disease, with Dr. Ray Dorsey at the University of Rochester and Dr. Bas Bloem at Radboud University Medical Center in the Netherlands, have teamed up to present and release *The Long Road to Hope: Ending Parkinson's Disease*. This documentary was released on World Parkinson's Day on April 11, 2022 and follows 12 individuals living with Parkinson's disease and their efforts to end the disease. The full documentary may be watched here:

Movie/documentary: [The Long Road to Hope: Ending Parkinson's Disease](#)

Our very own **Roy Nicholson** is included in an impressive exhibit at Southampton Arts Center called [Techspressionism, Digital and Beyond](#). The exhibit has

been extended to July 23.
Congratulations Roy!



Research Hub

Researchers from the Stony Brook University College of Engineering and Applied Sciences and the Schools of Medicine, Nursing and Social Welfare are seeking volunteers age 50 and older to participate in a study looking at the role of sensor technology to help older adults remain in their homes safe and healthy. For more information, please contact Dr. Elinor Schoenfeld at: elinor.schoenfeld@stonybrook.edu or click [HERE](#).

Join researchers at Stony Brook for a study examining the relationship between Parkinson's and brain activity. For more information, please contact: Linjing Jiang at (631) 632-7849, LeungLab@stonybrook.edu or click [HERE](#).

Stony Brook Medicine neurologists are recruiting for an imaging study, designed to examine the function of the cholinergic system and its association with thinking in people with Parkinson's disease. Please contact Sandra Skinner for more information at (631) 444-7513, sandra.skinner@stonybrookmedicine.edu or click [HERE](#).



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