



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

Administrator's Note

As the heavy heat of summer sets in and the traffic increases on the East End, it is important to occasionally pause and take a breath, to momentarily reflect on where we have been and where we are going. As I look back, I find it hard to believe that we have been learning, exercising and connecting on Zoom for over 15 months. Together, we have enjoyed over 780 classes, lectures and workshops, for over 7000 total class visits! I love seeing and chatting with many of you during our Zoom Social Hour evenings (who would have guessed Coach Seth was such a word sleuth!), and I am very grateful to my coaches and instructors who continue to make the on-line classes safe, fun and challenging.

And, yet, I'm thankful to look forward in anticipation of slowly resuming in-person classes this fall. With that goal in mind, I have started doing re-assessments with many of our boxers, and I am working hard to create an updated, hybrid schedule that includes both in-person and Zoom classes. I hope to be in touch soon with schedule updates, and I welcome your feedback as we start to make this transition together.

Until then, I hope you stay safe and make time to enjoy the simple joys of hazy summer days.

In gratitude,
Sarah

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

Rock Steady Boxing (RSB)

Coaches Corner

Our Rock Steady Boxing Coaches are heading to **RSB Coaches Con** this fall, a 3-day conference designed for current RSB coaches from all over the country to meet, network and develop new skills to continue growing their local programs.

Our very own **Coach Michelle Del Giorno** will be presenting, teaching other coaches interactive, fun boxing mitt drills! In addition, **Coach Michelle** is a

finalist for Rock Steady Boxing **Coach of the Year** internationally and the winner will be announced this fall at Coaches Con.

Thank you to Seth, Breahna, Rita and Michelle for your dedication and hard work in creating a top-notch program, and congratulations to Michelle on this well-deserved honor!



Boxer Profile

Featuring **Michael Greenberg!**

Michael joined our Rock Steady Boxing team in 2019 and has boxed in over 250 classes! He is a Social Hour Game Night expert, and we are so grateful to have him as part of our RSB family. Here is what he has to say about RSB:

"Not only has Rock Steady Boxing afforded me the friendship and support of a new peer group, volunteers, and above all, Sensei Michelle and Rita; RSB has also enabled me to define myself not as a victim, but as a fighter, one who does what he can to combat a very feisty opponent - Parkinson's disease."

Michael Greenberg, Sag Harbor Boxer

EAT WELL with Parkinson's

EAT WELL with Parkinson's will start up again this September, providing a remote learning experience, exploring important nutritional concepts to optimize health and well-being, connecting virtually with local farmers and practicing new recipes in the comfort of your own kitchen. Developed by **Paula Montagna, MS, RD, CDN**, and in collaboration with the Center for Parkinson's Disease, this 3-part nutrition and culinary series includes lectures, cooking demonstrations, virtual farm tours and shared meals via Zoom.

[Learn more here!](#)

A note from Paula's kitchen:

Drinking enough water each day is **important!** Hydrating the body is key to ensuring proper gastrointestinal function and elimination.

In addition, when you don't drink enough throughout the day, dehydration may affect our brain function. Without adequate hydration, you may experience difficulties with memory, poor focus and attention, as well as irritability and headaches. It is important to prioritize hydration for both

your body and brain.

Whether we're just busy, lazy, or simply thinking we are drinking enough, a lot of people probably aren't getting the right amount of water for their body and brain to function at its highest potential.

How to reach your daily quota:

- Use a bottle that shows ounces and record amounts throughout the day.
- Choose watery fruit and veggies like watermelon, cucumbers, and tomatoes - smoothies can add fluids too!
- Avoid large amounts of caffeine, sugary drinks and foods that are high in sodium, as these will deplete your fluids.
- Try these **infused waters!**

Refreshing Infused Waters
Paula Montagna, MS, RD, CDN



Supplies:

Fruit/vegetables: $\frac{1}{4}$ - $\frac{1}{2}$ cup of any fruit/vegetable of your choice. When in season use fresh. When fruit is not in season, use frozen for the best flavor, sweetness, and nutrients.

Herbs: 5-6 leaves or 1-2 springs. Herbs will add a surprising flavor twist, try mint, basil, rosemary, sage thyme, lavender, cilantro and tarragon. All herbs are delicious and packed with nutrients.

Glass Mason Jar or glass pitcher- 2-quart mason jars or quart pitcher

Muddler or wooden spoon for mashing fruit/vegetables and herbs

Water: filtered water or bottled water

Directions: Wash all ingredients well. Add fruit/vegetables and herbs, muddle to release the flavors. Chill for at least 2 hours or overnight. You can adjust amounts according to your personal preferences, but remember that this is an infused water; you are not creating a fruit juice.

Try these Refreshing Combinations or create your own!

Watermelon Herb (Cilantro/Basil/ Rosemary/ Mint): 1- 2 slices fresh watermelon + 5-6 leaves

Cucumber Ginger: 1/2 cucumber sliced thin + 4 slices of lemon

Cherry Limeade: 1 key lime thinly sliced, 6 pitted cherries cut in half, 1 sprig of mint,

Blackberry Sage: $\frac{1}{2}$ c blackberries lightly crushed, 3- 4 sage leaves

Strawberry, Orange and Mint: 6 strawberries halved, 1/2 orange, crushed mint leaves

Cucumber, Lime and Mint: 1/2 cucumber sliced, 1 lime sliced, crushed mint leaves

Strawberry Lemon Basil: 4-6 strawberries, sliced, $\frac{1}{2}$ lemon sliced, small handful of basil, scrunched

Pineapple Mint: fresh pineapple pieces, small handful of mint

Mixed Berries, Cucumber and Basil: $\frac{1}{4}$ cup mixed berries, $\frac{1}{2}$ cucumber 5-6 basil leaves

UZIT Parkinson's Care Partner Class

"We're fascinated by the words--but where we meet is in the silence behind them."

Ram Dass

In this extraordinary year, an extraordinary support group has developed on

Monday afternoons. Each week, a dedicated group of care partners comes together to relax and restore. The “re” in both of these terms seems to imply that this state of well-being is something we return to, as if somehow we’ve been here before and it’s our natural “home.”

With mindful movements, breath, meditation and Reiki we help one another find more ease in our bodies and more quiet for our minds. We cling less to the thinking, planning, projection and worry, and instead dust off our compassionate hearts that may have gotten lost in the shuffle of our busy lives. Our support comes not through our words, but in the simplicity of moving and breathing together.

The **UZIT for Parkinson’s Care Partner** class will resume in September after a summer hiatus. We look forward to gathering again and helping each other find our way back “home.”

Stephanie Livaccari, UZIT Instructor

To learn more about our UZIT Parkinson’s Care Partner class, please visit our [website](#).

In the Know:

Stony Brook Medicine and Stony Brook University are actively recruiting for several Parkinson’s-specific studies.

Sing Out Loud VIRTUAL Therapeutic Chorus Sing Out Loud Study

Stony Brook University is currently looking for individuals diagnosed with Parkinson’s disease to participate in a virtual, live, 8-week course with the aim of investigating voice or quality of life changes after completion of the Sing Out Loud therapeutic chorus program.

For more information, please contact Sarah Cohen, Study Coordinator, at: [**sarah.cohen@stonybrookmedicine.edu**](mailto:sarah.cohen@stonybrookmedicine.edu).

For information on additional studies, please visit Stony Brook Neurosciences Institute's [**Parkinson's and Movement Disorders Center**](#).
