The Center for Parkinson's Disease

Administrator's Note

It is amazing to think that we have been boxing, singing, cooking, stretching and connecting online for over nine months! We have all become quite adept at negotiating Zoom, and while I miss the camaraderie of being together in-person, I am grateful that we are able to connect and be together online. Despite the challenges of the past year, the Center for Parkinson's Disease remains committed to providing programming and serving as a resource and support to this community. Our Rock Steady boxers have completed over 3000 class visits since last March (that is a lot of sweating and cheering!). Sing Loud for PD now has over 100 singers joining weekly from all over the country, and even Canada, Brazil, Spain and the UK. EAT WELL with PD completed three fall workshops, combining cooking instruction with nutritional education into a truly unique, seasonal food program. None of this would be possible without all of you. This newsletter is intended to provide a brief overview of our programs, while celebrating our coaches, instructors, and of course, all of you. Thank you.

Wishing you all a healthy 2021!

Be well,
Sarah

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

In the Know:

As the COVID-19 vaccine rolls out, many have reached out with questions. The information provided below is intended to be a resource to you and should not replace specific recommendations and information provided by your medical doctor.

Stony Brook Southampton Hospital Coronavirus Updates

COVID-19 Statement as provided by the International Parkinson and Movement Disorder Society

American Parkinson Disease Association: COVID-19 Information and Resources

New York State Department of Health: "Am I Eligible?"

Rock Steady Boxing

Congratulations to our own **Coach Sensei Michelle Del Giorno** for being nominated by Rock Steady Boxing International Headquarters as **Coach of the Year!** Michelle was featured in RSB's *In Your Corner.* Voting for Coach of the Year is still open - submit your vote by emailing: info@ rocksteadyboxing.org.

Thank you Coach Sensei for all you do to make this program so successful!

Boxer Profile

Introducing ..... Joe Flesch!

Shortly after Joe was diagnosed with PSP (Progressive Supranuclear Palsy - an atypical Parkinsonism) in May of 2018, he enrolled in Rock Steady Boxing in Hampton Bays.

Seth Greiner was the coach and his dedication to all aspects of boxing (safety awareness, individual boxer capabilities and his ability to make boxing a fun exercise experience) made this a perfect fit for Joe.

Although his disease has progressed, Joe has been able to maintain a level of strength with boxing, continuing to do it virtually when the in-person classes ended.

In addition to the physical part of Rock Steady Boxing, Stony Brook Southampton Hospital also sponsors various get-togethers for the boxers via Zoom which allows the friendships made during the classes to continue.

Rock Steady Boxing and the coaches (Seth, Michelle, Breahna and Rita) and the director, Sarah Cohen, have created a total experience to help those dealing with these debilitating diseases. They are a great team and very much appreciated. Rock Steady, Rock Steady, Rock Steady...wooooooooo!

Sing Loud for PD
A note from teaching artist Valerie DiLorenzo

Without ever losing sight of the reality of a worldwide pandemic and how it has drastically and dramatically changed our lives, I strive to remain positive and consider what I call *Covid Silver Linings*. Our new reality brought us together in a way we never could have imagined. What was already an incredibly strong, rewarding, and enjoyable LIVE experience at Guild Hall, Sing Loud VIRTUAL now reaches more than 100+ participants each week, with singers from almost every state, plus Canada, the British Isles, and Brazil! We

started singing virtually in May, and continued on Wednesdays for 26+ weeks, and learned and sang over 175 songs! That is quite the *Covid Silver Lining*! It is a joy to see the smiling singing faces week after week - Breathe, Smile, Sing Out and Sing Loud! My sincerest best wishes to all of you for a healthy 2021! See you on the screen! Please join us for our Winter Semester, Wednesdays 3:30PM - 4:30PM. **REGISTER HERE!**

Yoga for PD
Tips from Deb Jensen

The past year has been a challenging time for many. Yoga can be a wonderful practice to combat stress-related issues and one that can be safely modified for any level.

Chair Yoga incorporates movement, breathwork, meditation & relaxation techniques that can benefit those with Parkinson's disease, as it so important to keep the body in motion and incorporate tools to help manage stress. Chair yoga can be a safe way to include this ancient practice for those who are dealing with balance and mobility issues.
Yoga can:
· improve awareness of the entire body both physically and emotionally
· improve movement patterns
· improve quality of sleep
· improve overall energy levels
· decrease pain and stiffness
· decrease stress

If you find yourself feeling stressed, try the following relaxation technique:
Sit in a comfortable chair with feet touching the floor, hands resting on your thighs. Make sure you are warm enough, maybe put on some soothing music or nature sounds. Close your eyes, breathe in through your nose, then purse your lips and slowly exhale as if you were blowing out a candle. Repeat 5 times, then breathe naturally, becoming aware of the movement of the breath in your body. Feel yourself releasing all tension on the exhalation, letting your body grow softer and warmer with each breath, achieving a sense of inner peace. Allow yourself to remain here for at least 3 – 5 minutes.

Yoga for PD meets once weekly on Mondays at 10:45 AM. For more information, or to join us please call: (631) 644-6667.

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.