



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

Administrator's Note

Autumn has always been my favorite season. The changing leaves and chilly afternoons fill me with an almost childlike excitement for the coming holiday season and the anticipation of joyful gatherings with family and friends. The unexpected challenges of the past eighteen months made this difficult, and many of us have missed celebrating and being together in person. And, yet, I once again look forward, filled with a hope and excitement that we may all be together soon.

To that end, I am thrilled to announce that we will resume some in-person programming through the Center for Parkinson's Disease starting this November. The transition back to in-person classes will be gradual, starting with Rock Steady Boxing classes in both Hampton Bays and Sag Harbor, Yoga for PD at Stony Brook Southampton Hospital and the Paint at the Parrish November program at the Parrish Art Museum. We recognize that many of you are not yet ready to come together in person and welcome the ease of being able to exercise in the comfort of your home. Our transition back to in-person classes will not replace the Zoom schedule, and we intend to offer Zoom classes and workshops for the foreseeable future.

I'm sure there will be challenges as we make this transition together, and I know there will be questions and concerns. I will send out an email outlining the class schedule, as well as the COVID precautions that will be put in place to keep everyone safe. I hope that you will reach out to me at any time should you have concerns or suggestions.

Until then, stay well and enjoy these beautiful autumn days!
Sarah

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

Welcome to Ragan!

Ragan Finalborgo has joined our team, and we are thrilled to have her supporting the Center for Parkinson's Disease with her many talents and skills.

Ragan is a familiar face around Southampton where she grew up and now lives with her husband and three young children. She earned her degree in Public Health and Community Health Education from Stony Brook University and has worked at Stony Brook Southampton's Ed & Phyllis Davis Wellness Institute since its inception in 2010. Ragan has always had a great love for fostering wellness in the community. She is passionate about empowering people to embrace healthy living and seek the benefits of complementary medicine. In 2019 this passion led her to the Wellness Foundation where she taught a wellness-based curriculum to elementary age students. She draws upon her Health Coach training from the Institute of Integrative medicine to promote healthy life choices for children and their families. Ragan is excited to be part of the Center for Parkinson's Disease. She hopes to offer a unique wellness perspective for patients and care partners. Her own personal experience with serious illness in her family drives her passion to ensure people living with Parkinson's disease and their loved ones have access to wellness activities that not only decrease physical symptoms but improve quality of life.



In the know:

New York Institute of Technology, in collaboration with the American Parkinson Disease Association, hosted a **Parkinson's Virtual Symposium**, with speakers addressing a range of topics from medical treatment to exercise and singing and music. If you missed the symposium, you may view the recorded lectures [here](#).

COVID-19 Vaccines and Boosters: For up-to-date information about COVID-19 vaccine and booster recommendations, as well as vaccination sites, please visit Stony Brook Southampton Hospital's [website](#).

Research Studies: Are you interested in participating in a research study? Stony Brook Medicine's Parkinson's and Movement Disorder Center is actively recruiting for several studies. You may find more information [here](#).

Learn more about our Sing Out Loud Study [here](#)

Boxing

Boxer profile featuring...Arthur Gunzburg!

Arthur just turned 80 on Oct. 13th 2021! He was diagnosed with Parkinson's at 75. He's been doing RSB for 3 years - the last two on Zoom. He says:

"It's a lifeline. If it wasn't for RSB I'd be

truly inactive except for walking. It's a blessing. It's my medicine and helps me slow down the progression of the disease. It's also my medication for fighting off depression and anxiety. I want to thank my coaches Michelle, Rita, Seth and Breana for being so dedicated to their work, and Tina, our qigong instructor for giving me tools to relax and keep calm. I especially want to give thanks to Sarah who sets the tone for this wonderful program. She brings endless energy, love, compassion and care to all of us."



Coaches Corner

Sensei Michelle

It was such a blast to be a part of Coach Con 2021 in Orlando, Florida. There were over 150 coaches from affiliates far and wide. It was so much fun teaching over 60 coaches in my boxing session. It was truly an honor to be a finalist for Coach of the Year! I even won a set of "Blaze Pods" that will be fun to work with when we return to in-person classes. The team building and camaraderie with our fellow coaches was just what this program is about. We made so many connections and learned some super cool ideas to bring back to our own classes. Not only did I share boxing techniques, but I also shared some of Gordon's Cheesy Cheers and some of our classic Get To Know You questions with other coaches and affiliates.



Thanks to all of our fabulously fierce boxers for helping us reach our fundraising goal. You not only enabled us to go to Coach Con 2021, but we were also able to donate the balance to our Rock Steady Boxing programs at the Center for Parkinson's Disease. Thanks to you all!

Coach Seth

I am beyond grateful for the opportunity to attend Coach Con in Orlando, FL. Collaborating with my peers and fellow coaches was so much fun, and incredibly rewarding! Teaching a seminar with Coach Michelle was a highlight of the week. Our students were sweating, laughing, and learning - just like our classes with you all! Listening to Jimmy Choi was inspiring and gave me insight into the many struggles our boxers face on a daily basis.

I am so appreciative for the amazing support for our fundraising drive. Your generosity and willingness to help us warms my heart. Thank you for helping

me to grow as a clinician and coach.

Our very own boxer extraordinaire, Roy Nicholson, has two large prints exhibited in imPRESSions 2021, a virtual invitational exhibition that is part of the Galway International Arts Festival. The exhibit is up through December and you may view it [here](#). Congratulations Roy!

EAT WELL

EAT WELL with Parkinson's started up again last week with a wonderful harvest meal. Our partners at [East End Food Institute](#) provided the amazing food boxes, which were delivered to participants and filled with local produce and all the ingredients required to make the meal. Thanks to Paula Montagna, MS, RD, CDN for providing a Zoom cooking demonstration and nutritional lecture!

Please join us on November 16th to learn healthy recipes to satisfy your sweet cravings! If you haven't already registered, you may do so [here](#).

From Paula's Kitchen:

Sweet Potato Bars

Ingredients

Crust

3/4 cup rolled oats
dash of salt
1/2 tsp cinnamon
1/4 cup walnuts
1/4 cup pecans
1/4 cup flour (can use sorghum or other gluten free flour)
1/2 tsp orange zest
2 tablespoons maple syrup
2 tablespoons olive oil



Sweet Potato Filling

1 lb orange flesh sweet potatoes or garnet yams
1/3 cup plain Greek Yogurt
2 large eggs
3 tablespoons maple syrup
1/2 tsp orange zest
2 tablespoons fresh squeezed orange juice
1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp fresh grated ginger

Directions

Preheat oven to 350 F. Roast sweet potatoes in oven for 45 min to 1 hour until soft. Allow sweet potatoes to cool, scoop out flesh and mash with a fork.

For crust

Blend all crust ingredients in food processor. Press into 8 x 8 inch pan. Bake at 375 F until set and golden brown, about 10-15 minutes.

For Filling

Place 1 1/2 cups of mashed sweet potato in food processor. Add remaining ingredients, blend until smooth. Pour mixture on top of crust. Bake at 375 F until set, golden brown and crust pulls away from edges of pan. About 20-25 minutes. Chill in refrigerator for at least 2 hours.

Paula Montagna, MS, RD, CDN



Stony Brook Southampton Hospital

Stony Brook Southampton Hospital | 240 Meeting House Lane, Southampton, NY 11968

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