



The Center for Parkinson's Disease

Summer Newsletter

Administrator's Note

It has been a busy summer, and I have loved seeing many of you in-person at the Parrish Art Museum screening of *Capturing Grace* or at the Rock Steady Boxing demo at The Church art space in Sag Harbor. What a joy to be together – thank you!

I am thrilled to announce the formal launch of our inter-professional allied healthcare team here at Stony Brook Southampton Hospital. Nine of my colleagues attended the prestigious Allied Healthcare Team training through the Parkinson's Foundation last spring, and our collaborative team includes skilled physical and occupational therapists, speech language pathologists, dietitians, massage therapists and case management. What does this mean? Now, in addition to offering skilled rehabilitation and allied healthcare services, we have a system in place to improve our team communication and collaboration, streamlining care transitions and referrals. Please don't hesitate to reach out if you have questions, concerns or suggestions. I am so proud of our team and the services we provide, and we continue to grow and improve based on your feedback.

We also have a number of new programs launching in the fall – enjoy the program updates below and keep an eye out for announcements and flyers for new programs in the coming weeks.

As always, thank you to our clinicians, coaches, volunteers, and of course, all of you.

Happy summer and stay safe,
Sarah

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



The *Boxing and Parkinson's* special event at the Church art space in Sag Harbor was a sold out success! It was wonderful seeing many of you there, and a huge shout out and thank you to our incredible Rock Steady Boxing Demo Team for the demo and Q and A - Rock Steady!

If you missed the event and wish to watch the recording, you may do so [here](#).

Congratulations to our Speech Pathology team!



Congratulations to Marta Kazandjian, Kelly Dubois and the entire Stony Brook Southampton Hospital Speech Pathology/Swallowing Outpatient Team for being recipients of the Parkinson Voice Project Awards 2023 SPEAK OUT!® Grant.

The funding enables our staff to be trained in the evidence-based SPEAK OUT!® voice protocol for people living with Parkinson's disease. To find out more, or to schedule a Speech Language Pathology evaluation, please call: (631) 726-8520.

APDA Parkinson's Support Group Meeting **Friday, October 13th, 1:00 pm to 2:00 pm**

Please join us for a new support group, offered in collaboration with the American Parkinson Disease Association and Stony Brook Southampton Hospital's Center for Parkinson's Disease. The support group will meet once monthly in-person and is offered to individuals living with Parkinson's disease and their care partners. Registration is required. For more information, please call (631) 726-8600 or email ragan.finalborgo@stonybrookmedicine.edu.

EAT WELL with Parkinson's **Thursday, October 5th, 4:30 pm to 5:30 PM**

Join Paula Montagna, MS, RD, CDN via Zoom for a nutritional lecture and cooking demonstration. Prior to the program, the East End Food Institute will deliver a food box with locally sourced ingredients, foods and recipe cards. You may register [here](#) or call: (631) 726-8600.

Paint at the Parrish **Thursday, Sept. 21, 11:00 am to 12:00 pm**

Paint at the Parrish returns this September with an exciting program designed around the Parrish Art Museum's Road Show 2023. You may register [here](#) or call: (631) 726-8600.

Care Partner's Corner

The Center for Parkinson's Disease offers two programs designed to uniquely support our care partners. Please drop-in for one or both of the programs!

Care Partner Support Group **Third Thursdays, 2:00 pm via Zoom**

Join us once monthly for a virtual gathering to share and learn from one another. This month's support group meeting will be held **Thursday, August 17th**. A licensed social worker will speak about long-term planning, and we will leave time for questions, discussion and connection. You may register [here](#), and a Zoom link will be sent out the morning of the program.

Mindful Movement for Care Partners **Mondays, 1:30 pm to 2:30 pm via Zoom**

A seated class that combines gentle movement, breath awareness,

A seated class that combines gentle movement, breath awareness, restorative yoga and mindful meditation to help promote healing and relaxation, uniquely supporting our care partners. You may register [here](#).

Research Updates

Researchers at Stony Brook Medicine are recruiting new patients for a study looking at clinical and blood-based markers in people with Dementia with Lewy Bodies (DLB) and Mild Cognitive Impairment with Lewy Bodies (MCI-LB). For more information, please call 631-444-7513 or email: sandra.skinner@stonybrookmedicine.edu. You may access the research flyer [here](#).

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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