

The Parkinson's Bulletin March-May 2008 Special Conference Edition



Spring 2008



ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL

*The NJ/APDA Parkinson Disease
Information and Referral Center*
120 Albany Street, Suite 360, New Brunswick NJ 08901

SAVE THE DATE! People with Parkinson's and Families Annual Spring Conference-Edison, NJ

*Saturday, March 29, 2008
The Pines Manor
Edison, NJ*

AGENDA

8:40 AM to 9:40 AM
Registration & Continental Breakfast

9:30 AM to 9:40 AM
Welcome & Introductions

9:40AM to 10:40 AM
Lighten Up With Laughter
Leslie Gibson, RN, BSN
The Humor Project, Inc.

10:40 AM to 10:50 AM
Break

10:50 AM to 12:10 PM
*Parkinson's Disease Management:
Exercise to Surgery*
Dr. M. Tagliati-Mt. Sinai Medical
Center

12:10 PM to 1:30 PM
Lunch, Raffles, and Awards

1:30 PM to 1:45 PM *Return to
Conference Room*

1:45 PM to 2:00 PM
Parkinson's Unity Walk
April 26, 2008
Stacie Mishler
Parkinson's Unity Walk

2:20 PM to 3:15 PM
Potential Psychiatric Complications
Dan Weintraub, MD-University of
Pennsylvania

INSIDE THIS ISSUE:

Spring PD Conference March 29	1
Coordinator's Notes	2
Presidents' Notes	3
The Search for Neuroprotective Therapies	4
PD Conference Registration	6
Unity Walk Bus Registration	7
Adapting To Your Environment	8
Upcoming Events	12
PD Support Group Workshop	13
PD Art Class May 2008	14

On Saturday, March 29, 2008, the NJ APDA Parkinson Information & Referral Center, the NJ American Parkinson Disease Association Chapter, Robert Wood Johnson University Hospital and UMDNJ-Robert Wood Johnson Medical School present the Annual Parkinson Conference for People with Parkinson's disease and Families. This conference will be held at The Pines Manor, located on Route 27 in Edison, NJ.

The cost will be \$25.00 per person which includes a continental breakfast, lunch and all educational handouts. If you are traveling a distance and wish to stay overnight, there are discounted rooms available at the Clarion in Edison, NJ; please call the hotel at (732) 287-3500 for room information. For a discounted room, mention the NJ APDA Parkinson Conference when making room reservations. Our rate is \$99.00 plus 15% tax.

We hope that you will join us for this day of learning. You will also have the opportunity to meet people with Parkinson's, caregivers, and families. Topics include: humor, Parkinson's management, Parkinson's Unity Walk and potential psychiatric complications.

See page 6 for registration information.

Space is limited; please send registration with payment needed by March 21, 2008.



*Spring
Annual
Conference
Saturday,*

March 29, 2008

*Register today!
Registration form on
page 6.*



Coordinator's Corner

*Elizabeth Schaaf,
NJ APDA Parkinson Disease
Information and Referral
Center*

Dear Friends,

On Saturday, March 29, our annual symposium, *Living Well with Parkinson's* for people with Parkinson's (PWP) and their families and friends will be held from 9:30 AM to 3:15 PM at The Pines Manor in Edison, NJ. Please see program details on page 1 and 15. The registration form is on page 6. Don't miss this informative conference. Please register by March 21 as space is limited.

On April 26, the Unity Walk will be held in Central Park in New York City. If you are interested in forming a team, please call the Unity Walk at **1-866-789-9255** for walk brochure with donation information. The NJ Chapter APDA with the support of the Unity Walk will take one bus to walk this year. If we have the demand, we will charter a second bus which stops New Brunswick, Rahway and Montclair. Please register early so we have an idea of our possible need for an additional bus. Please see page 7 for the bus registration form. Space is limited and space can't be held without registration and payment.

Our next telephone support group series for people with Parkinson's and caregivers will begin on April 28. Please see page 12 for registration details for this four week phone series. This support group takes place in the comfort of your own home!

Also, our Painting with Parkinson's series for people with Parkinson's and their caregivers, friends and family will begin May 9. Please see pages 4 and 14. Don't miss this fun class! We have a lot of fun. No prior painting experience needed.

I hope to see you at our upcoming events!

Warmest Regards,

Elizabeth Schaaf

Coordinator, NJ APDA Information & Referral Center

***Keep your face to the sunshine... and you
can not see the shadows. – Helen Keller***

Depression and Social Support in Parkinson's Disease (PD)

A study for PD patients and their families funded by the National Institutes of Health (NIH)

Do you have PD and suffer from these symptoms?

- ◆ *Getting more and more isolated*
- ◆ *Feel sad or empty most of the day*
- ◆ *Difficulty falling asleep or staying asleep*
- ◆ *Loss of interest in daily activities*
- ◆ *Unable to concentrate*
- ◆ *Feeling tired all of the time*

HELP US FIND ANSWERS

Dr. Roseanne Dobkin at the Robert Wood Johnson Medical School in New Jersey is conducting a 10-week treatment study of depression in PD. **The study treatment does not involve medication** and helps people to change thinking patterns and behaviors that may be related to depression.

All research care including an extensive psychiatric evaluation is provided at no cost to those who qualify. A friend, family member, or significant other will also be asked to participate in the study. *Participants are paid \$20.00 for each study evaluation.*

**For more information, please call
Dr. Dobkin at:**

732- 235-4051



President's Notes

**NJ American Parkinson Disease
Association Chapter
Benton Yip**
www.njchapterapda.org

Dear Readers:

In case you missed the Have a Heart dinner, there are additional upcoming events that are just as fun and important. We have the Parkinson Unity Walk to be held in Central Park. The bus that will take us into New York will be available at the parking lot at Sears on Route 1 in North Brunswick and proceed to Rahway and then to Montclair. Please mark your calendar for Saturday, April 26th, 2008 for this event. It's anticipated that the turnout will be bigger than last year. I hope to see everyone there. Also, keep Saturday, March 29, 2008 open for the annual conference at the Pines Manor in Edison.

The RWJUH/APDA Information & Referral Center consistently brings knowledgeable and interesting speakers to the conferences. I always found the conferences as a forum for participants to share experiences and exchanging useful tips on daily living. I also want to mention that the APDA event at The Mansion in Voorhees held last fall was a huge success. The attendees were still asking questions an hour after the presentation ended.

On a different note, I'm asking for volunteers to help plan and organize future events and activities. We need volunteers to organize events, plan activities, and make phone calls. Our chapter will grow stronger and more active if all of us attend a support group meeting or attend at least one event. Is there an activity that will enable us to live more comfortably? Let us know! Please provide feedback on what type of events or speakers that you want us to have. If you want an exercise class or a painting class, send an e-mail to me. We will plan or organize an event or speaker as long as there is interest, and is benefiting for all. Send us a letter or card to NJ APDA, PO Box 2026, Edison, NJ 08818.

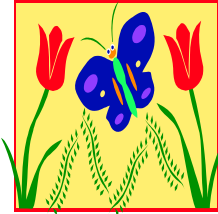
Please refer to our new website: njchapterapda.org. Let's all get involved and make NJ APDA a success.

Hope to see all of you at the Parkinson Unity Walk!

Sincerely,

Benton Yip

New Jersey Home Show: Parkinson's Exhibit Volunteers Needed



**March 7
March 8
March 9**

**Please call Peter Buckley
at (732) 732-499-7140.**

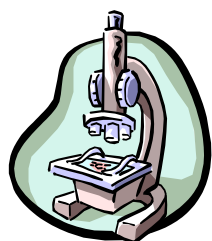
A Study of Insomnia in Patients with PD

We invite PD patients who are suffering from sleep problems to find out more about this research study.

You must be between the ages of 35-85 years old.

By volunteering to be a participant you will be providing valuable information to our understanding of effective treatments for this disorder.

**Please call us at:
1-877-795-4673**



The Search for Neuroprotective Therapies for Parkinson's

M. Maral Mouradian, MD

William Dow Lovett Professor of Neurology

Director, Center for Neurodegenerative and Neuroimmunologic Diseases

UMDNJ - Robert Wood Johnson Medical School

The question that patients with Parkinson's disease (PD) often ask is "When will a cure be found?" This is an important question because currently available drugs, as effective as they are, do not impact the underlying degeneration of neurons (brain cells). Indeed, the goal to discover a treatment that slows the progression of the disease, or better yet stop it, is no doubt shared by patients, physicians and scientists alike. The same pursuit is very much alive in other neurodegenerative diseases, the most common being Alzheimer's. As these diseases involve the gradual death of certain groups of neurons over years, the notion of starting a treatment to prevent the future loss of neurons constitutes the basis of neuroprotection. Since we still have no means of determining who will develop PD before symptoms manifest (except in rare genetic types), such therapy will have to be initiated after the diagnosis is made, at which point half of dopamine producing neurons have already degenerated. Therefore, a neuroprotective therapy would slow the rate at which symptoms deteriorate but does not reverse or eliminate existing symptoms. In contrast, neurorestoration seeks to restore or regenerate dopamine producing neurons and therefore potentially reverse symptoms. This last effort is the basis for transplantation research.

Why have neuroprotective therapies been so elusive in PD? If one looks back at the contemporary history of our understanding of the disease, it becomes apparent that investigations into the complexities of the damage at the level of individual brain cells and molecules is about two decades old, and discovering genes that cause the disease is only a decade old. And even then, it is certain that we still do not know the whole picture. These investigations have confirmed that 1) what we call PD is in fact several different conditions that exhibit a similar clinical presentation, and 2) multiple mechanisms of injury operate to kill brain cells. These complexities constitute an important hurdle in the development and testing of new experimental drugs as neuroprotective agents. Future attempts may have to focus on specific groups of PD patients when sufficient information is available to make genetic testing common place, and to combine several agents that block

different mechanisms of cell death simultaneously. Another obstacle that plagued earlier attempts at finding neuroprotective agents is the possibility that such an agent has a symptomatic effect, i.e. improves the disease symptoms. This situation makes it difficult to discern whether the drug protects neurons or merely improves symptoms. More recent clinical trials have been careful to address this confounding factor. And the last impediment in this field stems from the fact that a long list of drugs have been shown to be neuroprotective in animal models of PD but none have yet been proven to do the same in patients. One possible explanation for this disappointment is that the animal models do not faithfully simulate the human disease. Despite these difficulties and setbacks, several classes of drugs are being tested for neuroprotective efficacy in PD patients.

Monoamine oxidase B (MAO-B) inhibitors are one group of drugs that has shown protection in the laboratory against various injuries including toxins known to kill dopamine neurons. Two MAO-B inhibitors have been tested in PD patients. Selegiline was first studied beginning in the late 1980s. The initial reports were promising showing that selegiline-treated patients did not require levodopa until later than the placebo (inactive substance) treated group. However, subsequent studies concluded that this finding was due to the symptomatic effect of this drug. The newer generation MAO-B inhibitor, rasagiline, also has symptomatic in PD patients. However, in a 12 month controlled study, subjects who received rasagiline for the entire duration fared better than those who received placebo during the first 6 months and were switched to rasagiline only during the second 6 months. The implication of this finding is that longer rasagiline intake may have protected brain cells. Further evaluation of rasagiline in a larger study is underway to determine its potential for neuroprotection in PD. The second group of drugs that have been evaluated for neuroprotective activity are dopamine agonists, the same ones currently used as symptomatic anti-parkinsonian drugs, including pramipexole (Mirapex) and ropinirole (Requip). These drugs indeed have protective properties in cells grown in a laboratory dish and in experimental animals. They were compared to levodopa using brain imaging tests called PET and SPECT, which provide an indirect measure of dopamine

Continued on page 5

Continued from page 4

neuron density as a surrogate marker. After few years, the brain imaging markers were better preserved in dopamine agonist treated groups than in levodopa treated subjects. The interpretation of these studies has been challenged raising considerable debate. One interpretation is that dopamine agonists are protective, while another explanation might be that levodopa is toxic. However, a separate study addressing the question whether levodopa is toxic or protective yielded conflicting results; levodopa treated patients did better clinically but their brain imaging markers were worse than placebo treated subjects. At present, no conclusive statement can be made for or against the neuroprotective effects of dopamine agonists or levodopa. At the same time, significant concerns are raised about the reliability of brain imaging studies in assessing potential neuroprotective agents.

One of the defects in the PD brain is impaired function of mitochondria, which are the energy generators in a cell. This precarious state also relates to the accumulation of highly reactive oxygen-derived molecules known as free radicals that injure various components of the cell. Therefore, another potential neuroprotective strategy tested in PD is to boost mitochondrial function and counter the effects of free radicals. Two compounds in this category tested are coenzyme Q10 and creatine. Both have now been evaluated in the initial phase of a study launched by the National Institute of Neurological Disorders and Stroke known as the NIH Exploratory Trials in Parkinson's Disease (NET-PD). NET-PD is a multi-center study to screen drugs for neuroprotective efficacy in PD, which tests several drugs in relatively small studies to determine if they are promising enough to be evaluated in larger trials. Although CoQ10 had shown benefit at 1200 mg per day in an earlier study, it failed to produce the expected improvement in the NET-PD trial (which used 600 mg 4 times daily) to warrant further study. On the other hand, creatine at 5 grams twice daily has passed the initial phase of the NET-PD study and is now being investigated in a larger longer-term protocol. Two other categories of drugs have also been screened in the NET-PD trial. GPI-1485, a neuroimmunophilin ligand which potentiates nerve growth, had the same fate as CoQ10: initial study was favorable but the NET-PD study showing it to be "futile." The antibiotic minocycline, which had been shown in the laboratory to protect cells, met the predetermined degree of benefit, but was deemed that it should not be tested further due to adverse effects. Finally, there has been a persistent effort in PD to test neurotrophic factors that promote the survival of dopamine producing neurons. Some of these factors have neuroprotective as well as neurorestorative activity in experimental animals. In contrast to small molecules described above that

can be taken orally, neurotrophic factors are large peptide molecules that must be delivered directly into the brain. The first such factor tested in PD was GDNF, which was delivered either into patients' ventricles (the fluid containing central cavity of the brain) or directly into the brain substance through surgically implanted catheters. As is often the case, an initial open label study that was not controlled with placebo was promising whereas a more vigorous controlled study, in which participants and doctors did not know who was receiving GDNF or placebo, failed to show sufficient benefit. This lack of effect plus concerns about adverse effects halted further testing of this factor. However, another member of the same family of neurotrophic factors called Neurturin is being tested in an ongoing gene therapy protocol. This involves injecting into the brain a modified non-disease causing virus that carries the gene for Neurturin (CERE-120) developed by Ceregene. The results are expected in late 2008.

The race to find effective and safe neuroprotective therapies for PD is active and multifaceted. Many more drugs and ideas in the pipeline are being tested in laboratories around the globe using various scientific approaches before being tried in patients. Considering the complexity of the disease itself, it is likely that certain neuroprotective therapies will have to be tailored to specific groups of PD patients. For example, individuals who develop PD because they are missing a functional "parkin" gene due to a genetic defect are expected to benefit from replacing a normal copy of this gene. This sort of gene therapy has already been shown to work in rats and monkeys. And so the exploration continues. ##



NEW SUPPORT GROUP!

Warren County

HEATH VILLAGE

**430 Schooley's Mountain Road
Hackettstown, NJ 07840**

Meetings: monthly, 2nd Monday

Time: 6:30-7:30 PM.

Contact: Jill Mutek (908) 684-5214

or

Valerie Perry (908) 684-5202





*Spring Parkinson Conference
For People with Parkinson's and Their Families
Saturday, March 29, 2008*

9:30 AM to 3:15 PM

The Pines Manor-Edison, NJ

*Please send to : NJ APDA I & R Center, 120 Albany Street, Suite 360
New Brunswick, NJ 08901*

*Space is limited; please register by returning completed form and payment by March 21
You will receive a confirmation and directions to The Pines Manor once you register.*

REGISTRATION FORM

Please print

Name (s) : Please circle one

_____	Menu selection: Chicken Francaise	Salmon	Pasta Primavera
_____	Menu selection: Chicken Francaise	Salmon	Pasta Primavera
_____	Menu selection: Chicken Francaise	Salmon	Pasta Primavera
_____	Menu selection: Chicken Francaise	Salmon	Pasta Primavera

Address(es) to send confirmation letter(s):

Email (s) _____ Phone (daytime) _____

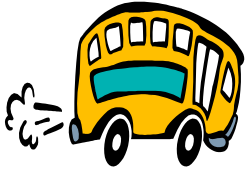
Amount enclosed (\$25.00 per person) _____

If you are a support group leader or co-facilitator, please check here; _____ YES

If you are a support group leader or co-facilitator, how long have you been overseeing the group?

_____ years with group Name _____ Group name/location _____

*Checks made payable to:
NJ APDA Parkinson I & R Center
Subject: Spring PD Conference*



Bus Available To Take Walkers To The Unity Walk!

Saturday, April 26, 2008

Thanks to the support of the NJ American Parkinson Disease Association Chapter, we will take a bus to the Unity Walk for Parkinson's disease in Central Park on Saturday, April 26, 2008. We hope you will join us! For more information on the walk itself, please call (1-866-789-9255) or go to <http://www.unitywalk.org>. Booths open at 10AM; program starts at 12PM; walk begins at 1PM. We will leave NYC by 3:15 PM. Please note that seats can not be held without completed registration below and payment. Space is limited. Register today!

Please bring a bagged lunch with you; only snacks and water will be provided on the bus.

BUS ROUTE:

Sears (NEW location)
51 US Hwy 1 (South)
New Brunswick NJ 08902
Departs at 8:15 AM

Robert Wood Johnson-Rahway
865 Stone St.
Rahway, NJ 07065
Departs at 9:00 AM

Mountainside Hospital
1 Bay Ave,
Montclair, NJ 07402
Departs at 9:45 AM

For more information, please call (732) 745-7520.

Space is limited; please send in your registration form and payment.

Spaces can not be held without payment.

Unity Walk Bus Registration

**Please complete and send to: Attention: NJ APDA Parkinson I & R Center
120 Albany Street, Suite 360, New Brunswick, New Jersey 08901
(732) 745-7520 (office) (732) 745-3114 (fax)
Elizabeth.schaaf@rwjuh.edu-Questions**

Name (s) _____

Address _____

Phone (daytime) _____ Fax (if applicable) _____

Cell phone (for day of event) _____ (in case we need to reach you during the event)

Email _____ Amount Enclosed (\$13.00 Per Person-includes tip for driver) _____

Please make checks payable to the NJ Chapter, APDA

Departing from (please circle one) Bus Route *Sears-New Brunswick* *RWJUH @ Rahway* *Mountainside Hospital*



Many of you may have heard of the Lee Silverman Voice Technique which is used to help people with Parkinson's (PWP) overcome their difficulty being heard. Researchers at the University of Arizona have expanded this technique to develop an approach to exercise called LSVT® BIG or Move Big. In November I obtained the certification to use this exercise technique and wanted to pass on the basics of its approach.

Parkinson's Disease interferes with the brain's internal cues for movement, first making preparation for movement difficult as it blocks the brain's ability to develop a movement plan. It then blocks the "GO" signal making it difficult to initiate movement. Finally it blocks the "NO GO" signal degrading coordination of movement or making it difficult to link consecutive movements So it is difficult to move resulting in slow movement with shorter steps and shorter reach affecting both speed of gait and coordination of the hands. (Notice how small your handwriting is sometimes?) But the problem is compounded by Parkinson's effect on perception. With Parkinson's the PWP perceives them self to be making larger movements – or speaking louder – than they truly are. Their hand feels like it is writing large letters when it truly isn't, their walking stride feels longer than it truly is. The paradox is that for the PWP feedback from their limbs is wrong so they perceive themselves to be moving faster and further than they are. The movement plan is wrong but the perception of movement is off so there is no feedback that they were wrong.

One answer to this is Move BIG an exercise technique in which the PWP is guided through a series of exercises called Maximal Daily Tasks that help build a reference for BIG in activities they do everyday. While exercising, the Physical Therapist encourages the PWP to complete each movement with as large a scale as possible "MOVE BIG, WALK BIG, REACH BIG". Each task is repeated many times with the PWP encouraged to put forth the highest effort they can with every repetition. Once the PWP is performing the Maximal Daily Task exercises, executing large scale movements with maximal effort, it is the therapist's job to help the PWP calibrate their movement. The PWP needs

Move BIG

David King, PT, MS-Kessler Rehabilitation Institute

recognize that the feeling of moving excessively large is actually producing normal movement.

Finally the therapist helps the patient relate these new larger movements to daily tasks (ADLs) and to perform these tasks with the new larger amplitude of movement. The PWP is then instructed to remember this new large amplitude of movement every time they repeat this ADL – in this manner everyday movements become continuous exercise.

Research has demonstrated some of the effectiveness of the BIG exercise program. 18 people with mild to moderate Parkinson's Disease followed the BIG program of exercising with a therapist for one hour per day four days per week for four weeks. People with mild involvement demonstrated improvement in their stride length and concurrently with their gait speed. People with mild to moderate involvement demonstrated improvement in speed and coordination of reaching with their hand.

While the Move BIG exercises have demonstrated their effectiveness in improving gait in mild cases of Parkinson's Disease I believe that the exercises can be effective for people with greater involvement with Parkinson's. The individual movements of the program can be used as an adjunct to other exercise programs (though not under the trademarked name "Move BIG") in an effective program. In fact I have been using similar exercises in an ad hoc fashion for several years to good effect. ##



January 24, 2008

Elizabeth Schaaf (left), Coordinator, NJ APDA with Claire Salamon, Vice President of the NJ Chapter APDA at the State House in Trenton regarding Bill A 1096-Parkinson's Disease Public Awareness and Education Act which was approved in the Assembly Health and Senior Services Committee. It has now been reported and referred to the Assembly Appropriations Committee. Please go to <http://www.njleg.state.nj.us> to view the bill.



At Home With Parkinson's: Adapting To Your Environment

Fatigue and difficulties getting around can make activities of daily living -- including leisure activities -- more difficult for people with Parkinson's disease. The following tips and uses of adaptive equipment will help you learn to function independently and successfully in your home.

General Safety Guidelines:

Have emergency numbers (police, fire, poison control, and a neighbor's phone number) readily available in case of emergency. One idea is to write these numbers on a sticker and put it on all phone receivers. Have at least one phone located where it is always accessible. Keep a cordless phone in your pocket at all times. This is especially important if you fall and can't get up to use the phone. Make sure smoke detectors work properly. Avoid the use of space heaters and electric blankets; these are fire hazards.

How Can Assistive Devices and Adaptive Equipment Help?

Along with appropriate medications, exercise, and other management techniques, adaptive equipment can help you maintain your independence and assist you in your daily life activities. Occupational therapist, rehabilitation specialists, or select Medical Supply Stores can recommend a variety of assistive devices that are designed to make home care and daily activities more comfortable. Some examples include:

Built-up utensils



Reacher devices



Long shoe horns



Electric Beds or Mattresses



Seat Lifting Chairs



Grab Bars



Swivel Seat Cushion



Sliding Boards



Continued on page 10

How Can I Adapt My Home to Make It Easier to Live In?

Following is a list of the most common recommendations that can help people with Parkinson's disease adapt their home to meet daily challenges. *Note:* Not all of these recommendations may benefit your personal situation. Your occupational therapist or rehabilitation specialist can help determine which of these recommendations are best for you.

Tips for Adapting your living room and bedrooms:

- To give yourself plenty of space to move around in, place furniture with wide spaces in between. If possible, arrange furniture so outlets are available for lamps and appliances without the need for extension cords.
- Use chairs with straight backs, armrests, and firm seats, this will make it much easier for you to get up and sit down. Add firm cushions or “furniture risers” to existing pieces to add height and make it easier to achieve a standing position.
- “Extension handles” for recliners allows for the easy adjustment of all types of reclining chairs
- Use a “Couch Cane” to assist you to get up and down from a seated position.
- Invest in touchable lamps or those that react to sound. Adapt your phone by changing the small buttons to larger push buttons to ease dialing.
- Have frequently called numbers entered into speed dial.
- Install handrails along walls, hallways and stairwells where there is nothing to hold on to.
- Objects such as a stationary pole or "trapeze" bar can be installed if you have difficulty getting out of bed.
- Use a “Bed Cane” to assist you to get on and off of a bed.
- Use a “Bed Caddie” that can help you achieve a sitting position in bed.
- If you have a lot of difficulty getting in and out of bed, try sleeping in a “Powered Seat Lifting Chair” that helps one get to a standing position.
- “Sock assist aids” help you put on socks or stockings with minimal bending.
- “Long shoe horns” helps you put on shoes with minimal bending.

Tips for adapting your bathroom:

- Use an elevated toilet seat and/or safety rails to assist standing from a low surface.
- Do not use towel racks or bathroom tissue holders to help you stand.
- Put extended lever handles on faucets to make them easier to turn.
- Install grab bars inside and outside the bathtub or shower.
- Use a bathtub transfer bench or a shower chair with a back support.
- Put a non-skid mat or decals in the bath tub.
- Get rid of small bathroom mats that may cause you to trip, instead purchase a large rug that covers most of the floor, and apply non-stick backing or install wall-to-wall carpeting.
- Do all of your grooming (shaving, drying your hair, etc) while sitting.
- Use hairbrushes and combs with built-up handles or handles with finger loops.
- Use toothbrushes with built-up handles or use an electric toothbrush.

Continued on page 11

Tips for adapting your kitchen:

- Have at least one counter workspace that has been lowered so you can reach it from a sitting position.
- Use an electric jar opener for tightly sealed containers.
- Don't close jar lids or containers too tight once they have been opened.
- Use an extended lever to assist with lift-tab cans.
- Use pans with a wide base that cannot be knocked over easily.
- Use a food processor for vegetable cutting and peeling.
- Use plastic containers to avoid breakage.
- Use a non-skid mat (made out of a material called "dycem") to stabilize bowls and plates.
- Store food and beverages (such as milk or juice) in small, easy to manage containers.
- Place utensils, pots, pans and measuring cups on a peg board or in an accessible cupboard instead of in lower cupboards which require bending.
- Sit when getting things out of lower cupboards.
- Use a spike board to stabilize vegetables, fruit, and potatoes so you have both hands free to peel or chop them.
- Use two hands to pour liquids.
- Use scissors to open cellophane packages.
- Use a box top opener to open boxes.
- Use electrical appliances whenever possible.
- Use utensils with built-up, lightweight handles, or use a "spork" -- a spoon and fork in one.
- Use a rocker knife for cutting food.

Tips for adapting your Car or Vehicle:

- Use a swivel seat cushion to help you turn in a seated position. Great to use on a car seat.
- Use "Handy Bars" as your personal support handle for you and your vehicle. Handy Bars are great helping you from a car or vehicle if your vehicle is low to the ground.
- "Car Caddies" offer a helping hand in or out of a car, van, or truck. It is designed to assist you to get in a standing or sitting position.

Other tips:

- Make your environment as comfortable and sensory pleasing as possible. Use colors you find soothing to decorate, use scented candles or potpourri in fragrances that relax you.
- Keep photos and music around that uplift your spirit.
- If you find you would like company during the day consider a pet such as a bird, a fish or a cat.
- If you are concerned about daily care, surround yourself with plants or flowers.
- Make sure the temperature and climate are suitable to your sensitivities. The more comfortable and uplifting your environment is the more positive your attitude will be!

To try out any equipment or for additional information on adaptive equipment that can help maintain independence and assist in daily life activities, please call **Health Care Depot, Inc.** at (732) 761-9600, or visit them at 73 Village Center Drive in Freehold New Jersey, or visit their web site HealthCareDepotOnline.com.



Upcoming Educational Events and Support Group Meetings Spring 2008-March-May

Bus to the Unity Walk

The NJ APDA Chapter will take one bus to the walk on Saturday, April 26, 2007 in NYC. We hope you can join us! The three stops are: Sears in New Brunswick, Robert Wood Johnson University Hospital in Rahway, and Mountainside Hospital in Montclair. Seats are \$13.00 per person which includes the tip for the driver. Please bring a bag lunch with you. **Space is limited. Your registration form and payment will secure your space. Please see page 7 for registration details. Spaces can not be held without payment.**

RWJUH Parkinson's Support Groups

Afternoon PD Support Group

**Location: RWJUH, New Brunswick
12:30 PM to 2:30 PM. Hospital Auditorium**

Thursday, March 20, 2008

Topic: Ask the Advanced Practice Nurse about PD Management

Speaker: Debbie Caputo, APN

Thursday, April 17, 2008

Topic: Keeping Moving: Tai Chi Basics

Speaker: Pat Whelan

Thursday, May 22, 2008

Luncheon at Houlihan's at 11:30 AM
Please call (732) 745-7520 for more details

Evening Support Group

**Location: RWJUH, New Brunswick
7:00 PM to 9:00 PM. Hospital Auditorium**

Wednesday, March 19, 2008

Topic: Ask the Advanced Practice Nurse about PD Management

Speaker: Debbie Caputo, APN

Wednesday, April 16, 2008

Topic: Keep Moving with Tai Chi Basics

Speaker: Pat Whelan, Tai Chi Instructor

Wednesday, May 21, 2008

Topic: To Be Announced
Speaker: To Be Announced

Excellence in Service Award

We are looking for nominations for the 5th Annual Excellence in Service Award. You may nominate an individual who is active in the Parkinson Community. Examples include a support group facilitator, volunteer, caregiver, or person with Parkinson's who is an inspiration to others, and Parkinson advocates. **Submissions are due by Friday, February 28, 2008.**

Parkinson's Phone

Support and Information Group for People with Parkinson's and Families

This series conveniently meets over the telephone. It will take place on Monday evenings at 7:30 PM, **April 28-May 19, 2008.** This is an opportunity to join with other people caring for a loved one with PD and People with PD. Cost is \$25.00. DOROT places the calls to your home and pays for them as well. **For more info and to register, call DOROT at (877) 819-9147.** Guest speakers will join us on the calls.

Annual Spring Person with Parkinson's and Family Conference

The Spring Annual Symposium for people with Parkinson's (PWP) and caregivers will be held on Saturday, March 29, 2008, 9:30 AM to 3:15 PM at The Pines Manor in Edison, NJ. Fee: \$25.00 per person including continental breakfast and lunch. Space is limited. Please return registration form on page 6. Please see program details on page 1 and 15.

Painting With Parkinson's For Peace of Mind



Fridays, May 9, 16, and 23, 1:00 PM to 3:00 PM. Join us for this interactive painting class for people with Parkinson's and caregivers. This three-week series is \$35.00 per person, which includes all paint materials. Please call the center at (732) 745-7520 to register. See page 14. Register today!



SAVE THE DATE!

Parkinson's Support Group Leader Meeting and Workshop!!!!

For those who currently facilitate Parkinson's Support Groups and others interested in starting a group. Please encourage at least one group leader from your support group to attend.

Friday, May 2, 2008

Time: 10:30 AM to 3:00PM

Location: East Brunswick Public Library

Lunch Provided

10:30AM to 12:30PM- Tips and Tools for Running Successful Parkinson's Support Group

Sharing among members-Speaker Contacts and Activity Ideas

12:30PM to 1:00-Lunch and Networking

1:00PM-3:00PM-Shared Leadership: How to Get Your Members Actively Involved!

Facilitator's Workshop and Training-Friday, May 2, 2008

NJ APDA Parkinson I & R Center, 120 Albany Street, Suite 360

New Brunswick, NJ 08901 or fax to (732) 745-3114

Name(s) _____

Daytime Phone _____ Email _____

Address _____

Support Group Name _____

What would you like to gain from the workshop? _____



**Painting
For Peace of Mind
Painting Series**

**Join us for this fun and
interactive art series with artist,
Elena Tuero and
Sandy Frank, Senior Advisor**

**Fridays, May 9, 23 and 30, 2008
1:00 PM to 3:00 PM**

**Robert Wood Johnson
University Hospital**

**No prior painting experience
needed!**

**Fee: \$35.00
includes painting supplies**

**NJ Chapter American
Parkinson Disease
Association Annual
Membership Form**

**Individual Membership Fee \$10.00/year
Family Fee: \$15.00/year**

Name _____

Phone _____

Address _____

Email _____

I am interested in:

___ NJ APDA Board Activities

___ Fundraising

___ Research and Education

___ Advocacy Issues

___ Assisting with Health Fairs

Desired location for health fairs

Northern NJ ___

Central NJ ___

Southern NJ ___

Other areas _____

Please send to:

NJ APDA Chapter
PO Box 2026
Edison NJ 08818

Please make check payable to:

Painting Series Registration Form

Name (s) _____

Address _____

Phone _____

Email _____

**Please return to the NJ APDA Parkinson In-
formation and Referral Center, 120 Albany
Street, New Brunswick, NJ 08901.**

**Please call (732) 745-7520 with any ques-
tions. Checks made payable to:**

**NJ APDA I & R Center
Subject-Spring Art Classes**



**Unity Walk
News!**
**Stacie Mishler
Event Director**

I would like to invite you to attend the **First Parkinson's Unity Walk Webcast Event!!!**

The 14th Parkinson's Unity Walk, to be held on Saturday, April 26, 2008 in Manhattan's Central Park, is also going to be Webcast live from the Park that day.

I know a lot of you will be joining us in Central Park and we cannot wait to share the day with you. But for those of you that cannot make it to New York, this is a great way to still **be a part of this day of Unity.**

The webcast will be from 11:00 am to 1:00 pm on Saturday, April 26th, and will feature live interviews from 11:00 am to 12:00 noon, and will broadcast the program from 12:00 noon until 1:00 pm. Our goal is to make you feel like you are there. We will not let you miss a thing!

If you have friends or family that cannot make it to the Walk, please let them know that they can still watch it live that day via the internet. Please go to **www.unitywalk.org** to register for the webcast.

If you cannot make it, this is a great opportunity to plan a party, and raise money. Gather your family and friends and watch the webcast together! And please let me know in advance about your party, I am going to do my best to acknowledge some of the events taking place around the webcast.

Whether you are in New York or in front of your computer with friends and family in your home town, **I hope to SEE you in April!**

Www.unitywalk.org
1-866-PUW-WALK (789-9255)
staciem@unitywalk.org

March 29, 2008
Spring Conference Speakers

Leslie Gordon, RN, BSN
The Humor Project, Inc



Do you have stress in your life? Current research has found that laughter can help balance distress and actually boost your immune system! Learn strategies for responding, adapting and managing a variety of changes. Be prepared to laugh, relax and look at creative stress management techniques.

Dr. M. Tagliati
Movement Disorder Specialist
Mount Sinai School of Medicine



Dr. Tagliati will discuss the evolving management of PD, which in addition to medications, currently includes possible neuroprotective strategies such as exercise and diet, as well as benefits from new surgical approaches.

Stacie Mishler
Event Director
Parkinson's Unity Walk

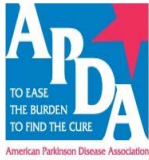


Stacie will show an inspiring video of the Unity Walk, and update us about all the new and exciting things for the April 26, 2008 Unity Walk, including a Walk webcast.

Dr. Dan Weintraub
Assistant Professor of
Psychiatry and Neurology
University of Pennsylvania



Dr. Weintraub will focus on the epidemiology, clinical presentation and management of a range of psychiatric and cognitive complications that can occur in Parkinson's disease, including depression, anxiety, psychosis, cognitive impairment, dementia, impulse control disorders, and disorders of sleep and wakefulness.



*New Jersey Parkinson Disease Association
Information & Referral Center*

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Chief, Movement Disorder Clinic
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American Parkinson Disease Association

National Office
Parkinson Plaza
135 Parkinson Avenue
Staten Island, NY 10305-1425
1-800-223-2732

NJ/APDA Parkinson's Disease Information and Referral Center

120 Albany Street, Suite 360
New Brunswick, NJ 08901
(732) 745-7520
(732) 745-3411-fax



ROBERT WOOD JOHNSON

UNIVERSITY HOSPITAL



Parkinson's Unity Walk
Saturday, April 26, 2008
Central Park, New York City

Freedom for Parkinson's Can Be a Walk in the Park

In New York City's Central Park, you could be walking a couple of delightful miles with thousands of people toward an amazing place: the end of Parkinson's. Take a little time ... and a big step closer to finding a cure. Because you care and because you count, please visit the Unity Walk web site at www.unitywalk.org or call toll free: 1-866-PUW-WALK (1-866-789-9255) for more information.



Parkinson Bulletin
Change or New Address

**Please return to NJ APDA Parkinson I & R Center,
120 Albany Street, Suite 360, New Brunswick NJ 08901**
PLEASE PRINT

Name _____

Address _____

Old Address (if applicable) _____

Phone _____

Email _____