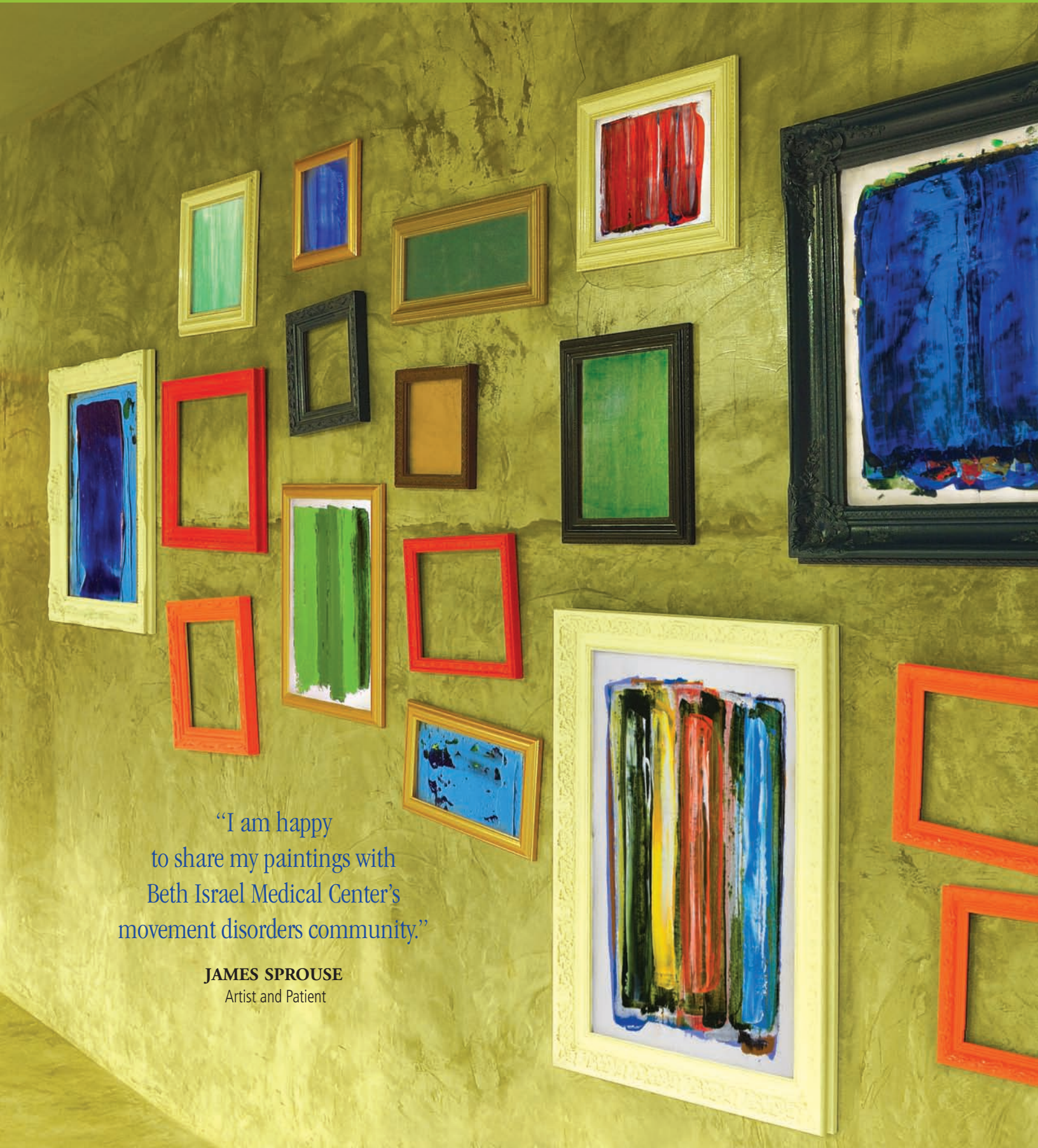


Movement Disorders News



“I am happy
to share my paintings with
Beth Israel Medical Center’s
movement disorders community.”

JAMES SPROUSE
Artist and Patient

Parkinson's Disease and Movement Disorders Research Center Staff

SUSAN B. BRESSMAN, MD

Chair of the Mirken Department of Neurology and Division Chief of Movement Disorders

RACHEL SAUNDERS-PULLMAN, MD, MPH
Attending Neurologist

LAWRENCE SEVERT, MD, PhD
Attending Neurologist

VICKI SHANKER, MD
Attending Neurologist

NAOMI LUBARR, MD
Attending Neurologist/Pediatric Neurologist

JOAN MIRAVITE, FNP
Nurse Practitioner

MARK GROVES, MD
Attending Psychiatrist

CHRISTINA PALMESE, PhD
Neuro-psychologist

SHEREE LOFTUS FADER, PhD
Nurse Scientist

DEBORAH RAYMOND, MS, CGC
Genetic Counselor

JEANNIE SOTO-VALENCIA, BA
Coordinator of Academic Affairs

KAILI STANLEY, BS
Research Associate

RABIH KASHOUTY, MD
Clinical Trials Manager

AKHILA IYER, BA
Project Research Assistant

The Division of Movement Disorders at the Mirken Department of Neurology at Beth Israel Medical Center is a Bachmann-Strauss Dystonia Center of Excellence, as well as a National Parkinson Foundation Center of Excellence.



Message from the Chair

SUSAN B. BRESSMAN, MD



It is my pleasure to introduce you to our newly redesigned *Movement Disorders News*. As you can see, we are working to bring you news and features in a format that is warm, accessible and easy to read.

The Parkinson's Disease and Movement Disorders Center is reaching out to our Latino population. Thanks to our fellow, Dr. José Cabassa, we are offering an October lecture in Spanish and

are exploring a Spanish-speaking support group. In this issue, Dr. Cabassa also answers basic questions about Parkinson's disease—in both Spanish and English. We are committed to supporting the community in all its multi-ethnic, multi-cultural dimensions and welcome any suggestions you may have on this matter.

We have good news on the research front: Congratulations to Dr. Rachel Saunders-Pullman for being awarded a prestigious National Institutes of Health grant to study LRRK2, an important genetic cause of Parkinson's. This grant complements our Center's award from the Michael J. Fox Foundation for Parkinson's Research and allows us to study ultrasound imaging and other potential markers that can help in making earlier diagnoses and tracking progression. Dr. Saunders-Pullman also received a grant from the Marclad Foundation that focuses on the role of another gene, glucocerebrosidase, that increases the risk of developing Parkinson's.

Our thanks go to the many patients and their families who have volunteered to be part of our research efforts, both in clinical trials and observational studies. Research is an essential part of our Center and is critical for moving us closer to a cure. Many have asked about recent publicity reporting the results of recent trials using gene therapies. One approach involves implanting genes that code for enzymes involved in synthesizing neurotransmitters that help improve Parkinson's symptoms; another introduces genes that code for trophic factors aimed at restoring brain cell function. Beth Israel is a site for a trial funded by Ceregene and the Michael J. Fox Foundation for Parkinson's Research using the trophic factor, Neurturin. This and other ongoing trials are listed in the newsletter.

Wishing you all a very well deserved Summer and looking forward to seeing you in one of our lectures, classes and support groups.

Donations are appreciated

Philanthropic support of the Mirken Department of Neurology enables our staff to provide the best possible medical care, conduct pioneering clinical research, and train the next generation of world-class neurologists and movement disorder specialists.

For more information on specific programs and opportunities, please contact Mara Rotbard, Finance Manager, at (212) 844-8731 or mrotbard@chpnet.org or use the giving envelope within this newsletter.



Movement Disorders News welcomes your **ideas** on topics you would like to see covered in articles or through lectures. You can also send us your **questions** regarding treatment, research, genetics, exercise or nutrition. Submit your poems, art, even jokes!
Contact BIMCMovDis@chpnet.org



Patient's Perspective

Life After Deep Brain Stimulation

“I can drive and I can have visitors. I play bridge, travel and take classes. I spend time with my family and I love walking my favorite dogs!” says Paula Schneider. Her list sounds like the ordinary pleasures of a retiree, but for Paula, the list is nothing short of a litany of miracles.

When her fine-motor skills started to fail her in the late 1980s and things like putting a key in the car began to feel like an exercise in frustration, Paula suspected carpal tunnel syndrome. Orthopedic assessments and tests returned negative. Finding herself increasingly isolated, unable to drive and with symptoms worsening, a correct diagnosis was finally made: dystonia.

For several years, oral medications and Botox injections helped control the severe and painful spasms and contractions, but soon the disease's progression outpaced these therapies and life became unbearable.

In 2001, at the age of 52 and desperate for relief, she underwent deep brain stimulation (DBS) surgery. Electrodes were inserted in her brain and were wired to two pacemakers implanted in her chest. “I was conscious during the procedure and able to respond to stimulation so that the neurosurgeon could find the right spots to implant the electrodes,” she says.

DBS and eight programming sessions stopped all Paula's body tremors, straightened her back, moved her chin off of her shoulder, stopped her eyes from blinking uncontrollably, kept her leg and arms from turning in, allowed her hands to



“Before deep brain stimulation therapy to treat dystonia my body was contorted and out of control. After the procedure I am still amazed I can pick up objects with my hands.”

PAULA SCHNEIDER

open, enabled her to walk on flat feet rather than on the sides of her feet, and let her chew without biting her lip.

Ten years later, Paula is on minimal oral medications, receives no injections and has nearly all symptoms under control. Three or four times a year, Paula returns to the Mirken Department of Neurology's Division of Movement Disorders to have her pacemakers' batteries monitored.

While she moved out of the immediate New York City area up further northeast in Connecticut, Paula returns gladly for the continuity of her life-renewing care. She is also active in providing patient support and advocacy for the dystonia community.



About Our Cover: Paintings by James Sprouse

James Sprouse received his Master's of Fine Arts degree from the University of Illinois and has had his paintings exhibited in several shows throughout the country, including most recently at Art Finance Partners, Alison Bradley Salon, gf Space and Pardo Lattauda Gallery in New York. James is a recipient of a New York Foundation for the Arts, NYFA 9/11 Arts Recovery Fund Grant, and had his work published in *Details Magazine*, among other publications.

James is also a patient of the Division of Movement Disorders at Beth Israel Medical Center's Mirken Department of Neurology.

Close Up

Andres Deik, MD



Dr. Deik began as a Beth Israel medicine intern in 2007. He continued as a neurology resident and is now starting a fellowship in

Movement Disorders. "I enjoy my relationships with patients and families," he says. He also speaks Spanish, a way to further connect with many patients.

Why movement disorders? "We don't have cures for many of these diseases yet, but we can always improve quality of life, which is rewarding," explains Dr. Deik. "Yet, it's a field that's exploding in genetic and basic science discoveries, which is also exciting."

Mark Groves, MD



Dr. Groves has been a consulting psychiatrist for Movement Disorders since 2003. "At one point in my education, I considered becoming

a neurologist, so this role combines all my interests," he says. He focuses on the emotional facets of patients' experiences with movement disorders—apathy, cognitive struggles, fatigue, sleep disturbances, depression, psychosis, and coping with the realities of the disease and disclosure to friends, family and work. "I help patients with movement disorders live well with their illness," he says.

Special Event



September 25
Jake's Ride for
Dystonia Research

A 1-mile, 5-mile, 10-mile and 20-mile bike ride, as well as a 1-mile walk; family-friendly event for all ages and abilities. Benefits The Bachmann-Strauss Dystonia & Parkinson Foundation. For more info, contact: Beth Pfeil at (212) 682-9900 or bpfeil@bsdprf.org.

Research: A call to patients

Observational Studies

Genetic and Imaging (no study drugs)

We are enrolling people with movement disorders, as well as, in some cases, their spouses, family members and friends, for the following studies. In observational studies, no study drug is given; rather the study researches the causes and progression of a disease, which will, in turn, help guide medication design and development.

Special thanks to the many patients and family members who have participated in our studies over the years!

Parkinson's Genetics in Ashkenazi Jews

The Parkinson's Disease and Movement Disorders Research Center at Beth Israel is in its second year of a three-year study of the genetics of Parkinson's disease (PD) in collaboration with Columbia University and Tel Aviv Sourasky Medical Center. The project, which is funded by the Michael J. Fox Foundation for Parkinson's Research, involves 2,000 Ashkenazi (Eastern European) Jewish PD patients from the three centers. It is focused on characterizing the clinical and pre-clinical features of PD due to the LRRK2 gene, as well as factors that influence or modify how the gene expresses itself (for example, some people with the gene develop PD in their 30s and some remain symptom-free for life). An additional aim of the study is to identify new genes that contribute to PD. Our site is funded by the Marcléd Foundation to evaluate the role of other known PD genes in Ashkenazim.

Participation takes about one hour and involves answering questions and giving a blood sample. A subset of subjects and their first-degree relatives will be invited to participate in a more in-depth examination that takes about four hours,

but can be split over two or more visits or completed in part over the phone.

We also need to study Ashkenazi Jewish spouses and spouses of children of PD patients. In order to have comparison groups, we are seeking people without PD who would be willing to fill out questionnaires, and undergo spiral drawing, smelling, memory and ultrasound tests.

Dr. Susan B. Bressman is the Principal Investigator of the Michael J. Fox Foundation for Parkinson's Research study. Dr. Saunders-Pullman is the Principal Investigator for the supplemental biomarkers study and the Marcléd Foundation Study. In addition, Drs. Vicki Shanker, Lawrence Severt, Matthew Barrett, José Cabassa, Mark Groves and Christina Palmese, and Deborah Raymond are actively involved.

Contact: Akhila Iyer or Deborah Raymond at aiyer@chnpnet.org, (212) 844-6053 or toll-free at (888) 228-1688.

Dystonia Genetic Study

Last year the Parkinson's Disease and Movement Disorders Research Center at Beth Israel became the first ever Dystonia Center of Excellence through a grant from the Bachmann-Strauss Dystonia & Parkinson Foundation. An important component of the Center of Excellence is research. Together with Dr. Laurie Ozelius at The Mount Sinai Medical Center and other collaborators, we have made great strides, including identifying a number of dystonia genes (DYT1, DYT6 and DYT12). There is still a great deal of work to be done. We are seeking dystonia patients to participate in genetic studies. Participation involves filling out paperwork and giving a blood sample. The Principal Investigator is Dr. Susan B. Bressman.

Contact: Akhila Iyer or Deborah Raymond at aiyer@chnpnet.org, (212) 844-6053 or toll-free at (888) 228-1688.

Neuroimaging Studies in Parkinson's Disease and Dystonia

Neuroimaging is a unique and cutting-edge way to learn how the brain works. To explore whether this technology can help us to identify people at risk for Parkinson's disease before symptoms start and

nts, families and friends

when intervention may still be possible, we are seeking to study 60 first-degree relatives of PD patients with fMRI/DAT scanning at St. Luke's Hospital. We are thrilled to be collaborating on this project with Dr. Gordon DePuey (St. Luke's Hospital) and Dr. Kenneth Marek (Institute for Neurodegenerative Diseases). We also continue to recruit subjects

with both PD and dystonia for PET scanning studies with our long-term collaborator, Dr. David Eidelberg at North Shore Hospital. The Principal Investigator is Dr. Susan B. Bressman.

Contact: Akhila Iyer or Deborah Raymond at aiyer@chpnet.org, (212) 844-6053 or toll-free at (888) 228-1688.

Clinical Drug Trials

Principal Investigator:
Lawrence Severt, MD, PhD

Neuroimaging and Metabolomics Correlates of Cognitive Decline in Parkinson's Disease (PD)

This study, in collaboration with Weill Cornell Medical College, is being done to examine the course of cognitive decline in PD over time, and is sponsored by the National Institutes of Health.

Contact: Rabih Kashouty, MD, at (212) 844-6571, or Dr. Severt at LSevert@chpnet.org.

Growth Factors and PD

This clinical trial is open for patients with Parkinson's disease who develop symptoms that are not responding well to current therapies. CERE-120 is an experimental drug that contains the human

gene for a growth factor called neurturin. CERE-120 has been shown to be safe in animals and in people with PD, and it has been shown to protect and improve the function of damaged brain cells. CERE-120 has the potential to improve PD symptoms and possibly slow disease progression. Participants may be assigned to receive the experimental gene therapy by the neurosurgeon injecting it directly into areas of the brain that are affected by Parkinson's disease, or a placebo (sham surgery). This research study is sponsored by Ceregene.

Contact: Rabih Kashouty, MD, at (212) 844-6571, or Dr. Severt at LSevert@chpnet.org.

Effect of Droxidopa on Neurogenic Orthostatic Hypotension (NOH) in Patients with PD

This a multi-center, double-blind, randomized, placebo-controlled study to assess the clinical effect of droxidopa in the treatment of symptomatic neurogenic orthostatic hypotension in patients with PD. The study will evaluate the clinical benefit in NOH patients with Parkinson's disease treated with droxidopa compared to those treated with placebo.

Contact: Rabih Kashouty, MD, at (212) 844-6571, or Dr. Severt at LSevert@chpnet.org.

Good News: Recent Grants Awarded

Dr. Rachel Saunders-Pullman received a grant from the Marclad Foundation to **Characterize the Role of Glucocerebrosidase Mutations in PD**.

Dr. Saunders-Pullman also was given an NIH K02 Independent Scientist Award to study the **Phenotypic Spectrum of LRRK2 Mutations**. Her work dove-

tails with the Michael J. Fox Foundation for Parkinson's Research studies, and includes expanding assessments in New York and Tel Aviv to better build a biomarker battery for evaluating LRRK2-related PD.

Hopefully, both studies will improve the overall understanding of PD, as well as its genetic forms.

Lectures

All lectures held at:

Phillips Ambulatory Care Center (PACC)
10 Union Square East, Manhattan

Please RSVP: (212) 844-6134 or email BIMCMovDis@chpnet.org. (Leave your name, contact information, and number of people attending.)

September 22 at 1 pm

Stress Reduction and Taking Care of Yourself

Where: Second Floor, Friedman Conference Center, Auditorium

Speaker: Roberta Lee, MD
Vice Chair, Department of Integrative Medicine, Beth Israel Medical Center

Objective: Focus on diet, nutritional supplements, physical activity, stress reduction, and meditation.

October 17 at 6 pm

Workplace Law For People with Movement Disorders

Where: Fifth Floor, Levy Conference Room #5K04

Speaker: Paul S. McDonough,
Attorney at Law, Mediator and Arbitrator of Employment Dispute

Objective: The interplay between the laws protecting employees with disabilities, focusing on the Americans with Disabilities Act, and the New York State and New York City Human Rights Laws.

28 de octubre, 6 pm

Enfermedad de Parkinson; lo que usted debe saber

Donde: Segundo Piso, Friedman Conference Center, Auditorio

Orador: José Cabassa, MD

Objetivo: Esta será una conferencia centrada en los aspectos básicos de la enfermedad de Parkinson, cómo se diagnostica y trata.

Favor RSVP: Confirme su asistencia llamando al (212) 844-8711 o enviando un email a BIMCMovDis@chpnet.org.

Basic information on Parkinson's disease

What is Parkinson's disease (PD)?

PD is a progressive movement disorder caused primarily by the loss of brain cells that produce an important chemical called dopamine. Symptoms include slowness, tremors, stiffness and balance problems. While there is no cure, symptoms can be relieved. Hopefully, research will lead to better options.

How is Parkinson's diagnosed?

There are no determining blood tests or imaging. The diagnosis relies on history and physical exam by a physician, preferably a movement disorders specialist. Doctors look for four features: resting tremor, slowness in movement, stiffness and poor balance. Brain imaging rules out non-PD causes of these symptoms. We now also know that non-motor features, such as memory and sleep problems, depression, anxiety, and constipation, may appear before motor symptoms.

How is Parkinson's treated?

PD is treated mainly by targeting motor symptoms, though newer medications, supplements and exercise may prove to slow down the disease. Most direct treatment focuses on improving dopamine deficiency in PD, and includes the use of levodopa (L-Dopa) and dopamine agonists, which improve tremor,

rigidity and speed. Physical therapy treats speech and balance problems. For advanced cases, deep-brain stimulation can control symptoms, medication side effects and lessen overall medication needed. Other methods treat associated symptoms including nausea, depression, anxiety, hallucinations, memory and sleep problems, and constipation.

Is Parkinson's disease hereditary?

Some cases are inherited, even when only one relative has PD. Most people who inherit a "PD gene" never develop symptoms, perhaps due to other factors. Identifying PD genes and what modifies them is a focus of ongoing studies at Beth Israel's Movement Disorders Research Center.

So far, several genes for PD have been identified, but most account for only a small portion of cases. One exception is the LRRK2 gene; changes in this gene cause about 2% of PD in people of European ancestry. In those who have family PD history, the percent rises up to 6%. The mutation was found in 18% of Ashkenazi Jews (29.7% in familial cases and 13.4% in sporadic cases). This mutation has now been found throughout the world, more recently in Latinos. Using these findings, along with systematic collection of clinical information and collection of biological samples, we are working to better determine approaches for diagnosis and treatment.

POR JOSÉ CABASSA, MD

Información básica acerca de la enfermedad de Parkinson

¿Qué es la enfermedad de Parkinson?

La enfermedad de Parkinson es un desorden del movimiento progresivo causado principalmente por la pérdida de células cerebrales que producen un químico llamado dopamina. Sus síntomas incluyen temblores, movimientos lentos, rigidez y problemas del equilibrio. Aunque no hay una cura, los síntomas pueden mejorar con varios tratamientos. Se espera que la investigación de esta enfermedad aporte mejores opciones.

¿Cómo se diagnostica la enfermedad de Parkinson?

No hay pruebas de sangre o imágenes radiológicas que lo determinen. El diagnóstico depende de la historia clínica y el examen físico, preferiblemente por un especialista en desórdenes del movimiento. Los cuatro síntomas que los doctores buscan para el diagnóstico de esta enfermedad incluyen temblores en reposo, rigidez, bradiquinesia (movimientos lentos) y problemas con el balance. Imágenes radiológicas del cerebro buscan descartar otras causas para estos síntomas. También sabemos que hay manifestaciones no motoras de esta enfermedad, como por ejemplo problemas de la memoria y del sueño, depresión, ansiedad y estreñimiento, que pueden aparecer antes de los movimientos.

¿Cuál es el tratamiento del Parkinson?

La enfermedad de Parkinson se trata principalmente enfocándose en los síntomas motores, pero creemos que medicamentos nuevos, suplementos y ejercicios pueden retrasar su avance. La mayoría de tratamientos más directos buscan suplementar la deficiencia de dopamina en la enfermedad de Parkinson, e incluyen el uso de levodopa (L-Dopa) y agonistas de dopamina, los cuales

mejoran el temblor, la rigidez y la velocidad de movimientos. La terapia física ayuda con los problemas del balance y del habla. Para casos avanzados, la estimulación cerebral profunda puede controlar algunos síntomas y permite disminuir la dosis de los medicamentos, disminuyendo el riesgo de sus efectos secundarios. Otras terapias ayudan con otros síntomas relacionados como la náusea, depresión, ansiedad, alucinaciones, problemas de la memoria y del sueño, y estreñimiento.

¿Es hereditaria la enfermedad de Parkinson?

Algunos casos son heredados, aún cuando puede que solo un pariente esté afectado. La mayoría de las personas que heredan "el gen de Parkinson" nunca desarrollan síntomas, tal vez debido a otros factores. Identificar genes de Parkinson y sus modificadores es un enfoque de estudios en desarrollo en el Centro De Investigaciones De Desórdenes Del Movimiento en Beth Israel.

Hasta ahora, se han identificado varios genes de la enfermedad de Parkinson, pero la mayoría de ellos son responsables de una pequeña proporción de los casos. Una excepción es el gen LRRK2; cambios en este gen causan aproximadamente un 2% de los casos de Parkinson en personas de ascendencia Europea. En aquellos que tienen historia familiar de la enfermedad de Parkinson, el porcentaje aumenta hasta un 6%. La mutación se encontró en 18% de los judíos Ashkenazi (29.7% en casos familiares y 13.4% en casos esporádicos). Esta mutación ha sido encontrada alrededor del mundo, mas recientemente en los Latinos. Estos hallazgos, junto con la recolección sistemática de información clínica y muestras biológicas, permitirán hallar mejores alternativas para el diagnóstico y tratamiento.

Support Groups

All support groups are held at Phillips Ambulatory Care Center (PACC), 10 Union Square East, Manhattan.

Aug 10, Sept 14, Oct 12, Nov 9, Dec 14

PD Caregiver Support Group

When: One Wednesday per month, 6-8 pm

Where: Fifth Floor, Levy Conference Room 5E17

Facilitator: Eileen Mullarkey, LCSW, at emullarkey@msn.com

Sept 8, Oct 13, Nov 10, Dec 8 (July and Aug – no meeting)

Manhattan PD Support Group

When: Second Thursday of the month, 2-4 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitator: Sheree Loftus, PhD, at (212) 844-8482

Sept 8, Oct 13, Nov 10, Dec 8 (July and Aug – no meeting)

Young Onset PD Support Group

When: Second Thursday of the month, 5:30-7:30 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitators: Sheree Loftus, PhD, and Lenore Gordon, LCSW, at (212) 844-8482

Open to all those diagnosed with Parkinson's disease before the age of 55.

Sept 12, Oct 3, Nov 7, Dec 5 (July and Aug – no meeting)

Men's PD Support Group

When: First Monday of the month, 2-4 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitator: Joan Miravite, FNP, at (212) 844-6134

Sept 15, Nov 10

Ataxia Support Group

When: Bi-monthly, Thursdays, 6-8 pm

Where: Second Floor, Friedman Conference Center, Room 3

Facilitator: Denise Mitchell at markmeghan@aol.com

This is a diverse support group for individuals with all forms of ataxia. New members always welcome!

Sept 19

Adult Dystonia Support Group

When: 6-8 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitator: Joan Miravite, FNP, at (212) 844-6134

Join us for a special screening of the documentary film *Twisted*. *Twisted* is a film about dystonia by Emmy-nominated filmmaker Laurel Chiten, founder of Blind Dog Films and a dystonia sufferer and advocate. This hour-long film provides heartfelt insight into the everyday lives of individuals afflicted with dystonia.

Sept 22, Oct 27, Nov 17, Dec 15 (July and Aug – no meeting)

Movers and Shakers PD Support Group

When: One Thursday a month, 5:30-7:30 pm

Where: Second Floor, Friedman Conference Center, Room 1

Facilitators: Sheree Loftus, PhD, and Mary Good at (212) 844-8482

Oct 6, Nov 3, Dec 1 (Aug and Sept – no meeting)

Essential Tremor Support Group

When: First Thursday of the month, 1-3 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitator: Margaret Mackey at (212) 673-8207

Oct 20

Deep Brain Stimulation (DBS) Support Group

When: 1-3 pm

Where: Fifth Floor, Levy Conference Room 5K04

Facilitator: Joan Miravite, FNP, at (212) 844-6134

Open to patients with PD, essential tremor or dystonia who are interested in learning more about DBS or who have had DBS.

¿Está interesado en participar en un grupo de apoyo para personas con enfermedad de Parkinson en español? El grupo se reunirá mensual o bimensualmente aquí en Beth Israel.

Si está interesado por favor llame al (212) 844-8711 o envíe un email á BIMCMovDis@chpnet.org.

Classes and Workshops

All classes and workshops are held at Phillips Ambulatory Care Center (PACC), 10 Union Square East, Manhattan.
For more information or to register, call (212) 844-6134 or email BIMCMovDis@chpnet.org.

One-day workshop on Sept 12



Help You Move! Dance Therapy Workshop

When: Monday, Sept 12, 2-4 pm

Where: Second Floor, Friedman Conference

Center, Rooms 2 & 3

Workshop will be led by Pamela Quinn, PD patient and experienced teacher of movement for people with Parkinson's. The class will begin in chairs and progress to standing and moving through space. Interspersed in the movement are valuable tips for persons with Parkinson's disease that address specific PD symptoms: alignment, tremor, freezing, gait, turning, etc. All movement is accompanied by a range of spirited music. Class is joyful, informative and useful. Don't miss it!

Class size is limited. Registration required.

8-week session from Sept 12-Nov 14 (No class on Oct 10/Columbus Day)



Easy Does It = SAFE

When: Mondays, 4-5 pm

Where: Fifth Floor, Levy Conference Room 5K04

Instructor: Richard Sabel, OT

Have changes in your posture and balance made it harder to do everyday activities? Have any of these factors kept you from participating in activities you enjoy?

Easy Does It = SAFE blends traditions such as Yoga, Qigong, T'ai Chi, Feldenkrais, Laban Barteniff and meditation into a program that helps you explore more comfortable, easier ways of moving and doing. Most of the program is done in a chair and some standing beside the chair. Wear comfortable clothes and join us for this fun, unique opportunity.

Class size is limited. Registration required.

Three chances to catch this class: Sept 21, Nov 18



Attention, Memory and You

When: Sept 21, 4-5 pm or Nov 18, 1-2 pm

Where: Fifth Floor, Levy Conference Room 5K04

Instructor: Christina A. Palmese, PhD, ABPP-CN

We invite you to attend one or more of these question-and-answer sessions to discuss changes in attention and memory that occur with aging.

Registration required.

6-week session from Oct 11-Nov 15



Voice Yoga

When: Tuesdays, 5-6 pm

Where: Fifth Floor, Levy Conference Room 5K04

Instructor: Roberta Schine

Learn simple, fun yoga exercises to help strengthen your vocal cords, speak louder and learn to articulate.

Registration required.



T'ai Chi

When: Thursdays, 6:15-7:15 pm

Where: Second Floor, Friedman Conference Center

Instructor: Carolyn Perkins

T'ai Chi is a simple, yet highly effective movement routine that brings up the body's vital energy. No special clothing is required, and the complete form can be learned by taking only eight one-hour classes. Regular practice of the form may calm the nervous system, lower blood pressure, control weight gain, and improve concentration and balance.

Funded by
UJA Federation
of New York

12-week session from Sept 12-Dec 5 (No class on Oct 10/Columbus Day)



Balance Workshop

When: Mondays, 10-11:30 am

Where: Fifth Floor, Levy Conference Room 5K04

Instructor: Roberta Schine

Learn a routine of 10 gentle and easy-to-practice exercises designed to improve balance and decrease risk of falling. It includes suggestions on how to make your environment safe, strengthen bones, choose proper footwear, understand the effect of medications, use assistive devices, handle inclement weather, and what to do if you fall.

Class size is limited. Registration required.



Chair Yoga

When: Tuesdays, 3:30-4:30 pm

Where: Second Floor, Friedman Conference Center

Instructor: Roberta Schine

A gentle class designed to help people with Parkinson's, dystonia and other movement disorders. Emphasis is on flexibility, coordination, facial movement, voice and gait.