



Parkinson's Disease Resources

The Friedberg JCC of Oceanside:

(616) 634-4010 or email Gloria Lebeaux at glebeaux@friedbergjcc.org

- Boxing, Tai Chi, Yoga, Ping Pong
- Personal Training
- Creative Writing
- Individual/ Couple/Group Support
- Lectures
- Maintain your Brain-Brain Health Programming

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

(631) 726-8800 or email Sarah Cohen at sarah.cohen@stonybrookmedicine.edu

- Rock Steady Boxing, Tai Chi, Chair Yoga, Urban Zen Integrative Therapy
- Sing Loud
- Paint at the Parish
- EAT WELL with Parkinson's
- Support Groups

Stony Brook Parkinson's and Movement Disorders Center:

(631) 444-3448 or email Erin Harabes at erin.harabes@stonybrookmedicine.edu

- Support Groups
- Research Studies
- Stress Management and Resiliency Training Program (SMART) for Patients with Parkinson's and their Caregivers
- Dual Task Treadmill Training for Parkinson's Disease
- Dose Selection Trial of Light Therapy for Impaired Sleep in Parkinson's Disease

New York Tech Wellness Program:

(516) 686-7411 or email Sim Basta at sbasta@nyit.edu

- Rock Steady Boxing
- Tai Chi
- Brain Gym (8 week sessions)
- Monthly Support Groups (Peer Facilitated, Young Onset Women's)
- APDA Signature Programs such as PRESS, Good Start, Connecting Thru Art

NYU Langone Health Neurology/Neuropsychiatry

(516)324-7708 or email Lucia.Jamaludden@nyulangonehealth.org

- Individual counseling, case management, group support
- NYU Langone Rusk Rehab Center-OT/PT/Speech
- Movement Disorders Neurologist, Dr. Nora Chan

Northwell Health

516-325-7000, contact Dr. Paul Mattis, PhD. Neuropsychologist, Director, Behavioral Health

- STARS for OT/PT/Speech Therapy
- LSVT Big and Loud
- Transitions of Long Island
- Glen Cove Physical Medicine Rehabilitation Unit <https://www.northwell.edu/news/the-latest/glen-cove-hospital-to-open-physical-medicine-rehabilitation-unit/>
- Zucker Hillside-psychiatric/mental health/geriatric psychiatry services <https://zucker.northwell.edu/geriatric-psychiatry>

Parkinson's Foundations:

- American Parkinson Disease Association <https://www.apdaparkinson.org/>
- Parkinson Alliance <https://www.parkinsonalliance.org/>
- Parkinson's Foundation <https://www.parkinson.org/>
- The Michael J. Fox Foundation <https://www.michaeljfox.org/>
- Rock Steady Boxing International HQ <https://rocksteadyboxing.org/>
- Mark Morris Dance Group, Dance for PD <https://danceforparkinsons.org/>