

Parkinson's Disease Resources

The Friedberg JCC of Oceanside:

(516) 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 Charles Siguenza at csiguenz@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

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/>

Dementia Resources

The Friedberg JCC of Oceanside, N.Y.

(516) 634-4192 or email Pam Jaffe at pjaffe@friedbergjcc.org

Programs for those recently diagnosed

- Specialized Fitness
- Care Consultations

- Counseling
- Caregiver Support Group
- Memory Cafes
- Educational lectures

Alzheimer's and Related Dementia Organizations:

Alzheimer's Association www.alz.org 24/7 Helpline: 1-800-272-3900
New York City Chapter 646-744-2900
Long Island Chapter 631-629-6950 x8112

Alzheimer's Foundation of America AFA www.alzfdn.org 866-232-8484

CaringKind New York City Helpline 646-744-2900

Alzheimer's Disease Education and Referral (ADEAR) Center
www.nia.nih.gov/health/alzheimers

Clinical Trials
www.clinicaltrials.gov

The Association for Frontotemporal Degeneration FTD www.theaftd.org
Helpline- 866-507-7222

The Lewy Body Dementia Resource Center
www.lewybodyresourcecenter.org
Helpline- 516-218-2026 or 833-LBD-LINE