



Westfield Mayor Skibitsky proclaims April Parkinson's Disease Awareness Month

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Pictured (from left) are Westfield Mayor Skibitsky and Barbara Ringk, facilitator, and Dorothy Doyle, member, Westfield Parkinson Support Group

About 1 million people in the U.S. and more than 6 million people worldwide are diagnosed with Parkinson's disease according to the national Parkinson's organizations. The major U.S. organizations - the Parkinson Disease Foundation, the National Parkinson Foundation, the American Parkinson Disease Association and the Michael J. Fox Foundation - are dedicated to supporting research to find new and more effective

treatments and ultimately a cure for the disease. These organizations also provide patient and caregiver education and support.

On Tuesday, April 1, Mayor Andrew Skibitsky presented a proclamation announcing that April is Parkinson's Disease Awareness Month to Barbara Ringk, facilitator, and Dorothy Doyle, member of the Westfield Parkinson Support Group, at the Westfield Town Council meeting.

The Westfield Parkinson Support Group will meet on Monday, April 14 at 1:30 p.m. The group meets at the Presbyterian Church, 140 Mountain Ave., Westfield, on the second Monday of each month. Nicole Kelleners from the Michael J. Fox Foundation will be the featured speaker. She will address new research and treatments in Parkinson's disease.

Light refreshments will be served. Contact Barbara Ringk at 908-322-9214 or bringk@verizon.net for more information.

This church-sponsored community outreach group has been meeting at the church for more than 17 years. An average of 15-20 people with Parkinson's and/or caregivers attend each meeting to listen to expert speakers on a variety of subjects related to Parkinson's and to share information, encouragement, and friendship. The group has a mailing list of more than 100 families.

The Parkinson community is very fortunate to have a number of programs in the area dedicated exclusively to Parkinson's disease. The Delay the Disease exercise class meets at the Westfield Area Y on Wednesdays and Fridays, at 11 a.m. and Mondays, at 6:15 p.m. Contact Jean White at 908-233-2700, ext. 246 or jwhite@westfieldynj.org for more information and registration.

The Overlook Medical Center in Summit sponsors several classes including Guided Meditation held on Tuesdays, from 3-4 p.m.; Mindfulness held on Mondays, from 10-11:30 a.m.; Gentle Yoga held on Wednesdays, from 1-2 p.m.; and an exercise class based on the LSVT-BIG (Lee Silverman Voice Treatment) program held on Fridays at 11:15 a.m. Contact Caroline Panter at caroline.panter@atlanticealth.org or 908-522-5901, for more information regarding fees, registration and locations.

The annual Parkinson Unity Walk will take place in Central Park, NYC on Saturday, April 26. The support group is forming a team to participate in the 1.4 mile walk. All are

invited to join the Westfield/Caring Choices Support Groups Team in walking to raise funds for Parkinson's disease research. Visit www.unitywalk.org and search for Westfield/Caring Choices Support Groups Team to join or sponsor the team:

One hundred percent of donations go directly to Parkinson's disease research. Contact Barbara Ringk, team captain, at 908-322-9214 or bringk@verizon.net for more details about the Unity Walk or the support group.