

**Welcome to the Second Edition of the  
Parkinson's Foundation New York & New Jersey  
Chapter E-newsletter!**



The chapter team is very excited to welcome the new year with all kinds of possibilities and opportunities for our community. Please read below for upcoming education events, special events and our community spotlight

***News You Can Use***

- **Resources listed in one place:** we are pleased to share that updated lists of support groups, wellness programs and exercise classes are now easily accessible via our chapter website. Click [here](#) to explore all that is available.
- **Upcoming virtual Parkinson's Education Programs for NY/NJ:** We are committed to everyone's health and safety therefore we will continue to provide virtual programs until the day it is safe to be back in-person. Virtual programs are a great way to keep **You** connected. There is no fee to participate in any online program however we kindly request that you register in advance.

**Friday, February 12th** - *On the Menu: Nutrition in Parkinsons*. Click [here](#) for more information.

**Thursday, March 18th** - *New Frontiers in Research & Care - PD GENERation*. Email [nnealon@parkinson.org](mailto:nnealon@parkinson.org) for more information.

- **PD Health@Home UPDATE:** We are happy to report that we continue to improve and upgrade our newest virtual program, PD Health @ Home, and its weekly events — all at no charge to the Parkinson's community. If you are new to this program, check it out. Join us for three new online events each week: Mindfulness Mondays, Wellness Wednesdays and Fitness Fridays. Click [here](#) to see all upcoming programs and register for anything that interests you.
- **Check Out This Resource:** Did you know that the Parkinson's Foundation has its own **YouTube channel**? Our education programs and archived videos can be found [here](#).
- **Missed An Education Program?:** Visit this [link](#) to find archives of our previous education programs.

## Upcoming Special Events That Help Us to Fulfill Our Mission

### *Playing for Parkinson's*



#### **Join us for Game Day - March 27**

The Parkinson's Foundation is excited to present ***Playing for Parkinson's!*** We are teaming up with gamers of all ages who are passionate about making life better for people living with Parkinson's disease. There are no rules to how you ***Play for Parkinson's.*** Livestream - Board Games - Dice - Cards.

Click [here](#) to learn more and join to play.

### *Parkinson's Revolution*



Parkinson's Revolution is an indoor and virtual cycling experience that combines passion, determination and community to generate awareness and advance our mission toward a cure. Taking place June 12, join us across the country for a high-energy ride that will make you perspire while being inspired! Click [here](#) to learn more.

## ***Moving Day Events***



As we approach Moving Day season, check out the below websites for more information. Details will be updated as we get closer to the dates.

**[Westchester County](#)**

**[Central New York](#)**

**[Southeastern PA](#)**

### **Volunteers Needed!**

Volunteers are needed throughout the chapter for various roles. Please let us know if you are interested in learning more. Contact [nnealon@parkinson.org](mailto:nnealon@parkinson.org).

## ***Community Spotlight:***



**Bill & Deb Winslow**

Our community spotlight shine on Bill and Deb Winslow from Central New Jersey!

Bill and Deb are long-term Parkinson's Foundation supporters. Bill is also an avid Rock Steady Boxer. Last year, the Winslow's found themselves back in the Northeast, after some time in California. Bill hit the ground running, becoming team captain of the "Garwood Rock Steady Bruisers." Bill and his team used creative approaches to raise \$19,500 for Moving Day New Jersey in 2020! Bill's "Push Up Challenge" that he hosts every April for Parkinson's Awareness Month is quite notable. During this challenge, he calls on friends, family, and those in the Parkinson's community to join him in completing 160 push-ups daily, one for each person diagnosed with Parkinson's every 9 minutes. He creates motivational videos and demonstrates various ways to do push-ups, for all abilities and strengths, so that everyone can join him. Deb brought the team well over goal, utilizing her employer's matching gift program. Bill was recognized as Volunteer of the Year by the Parkinson's Foundation in 2018. We are honored to have Bill and Deb in our local Parkinson's Foundation Community! If you're interested in following Bill's exercise journey, visit his [YouTube](#) page, join his Moving Day team or start your own.

**Do you have questions? We're here for you. Please contact us at:**

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**Tell us what you think about our new e-newsletter: [nynj@parkinson.org](mailto:nynj@parkinson.org)**