

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



**March 2021 – Chapter E-news**

The chapter team is excited to bring to you the March 2021 edition of our e-news.

Please check out all the upcoming education events, special events and our community spotlight.

**LOCAL EDUCATION PROGRAMS:**

**Saturday, April 17, 10 a.m. ET:**

***New York State Parkinson's Symposium: Living with Parkinson's –  
Tips/Strategies/Life Hacks.*** Join us to hear and learn from a great variety of speakers. [Click here](#) to learn more and register.

**Tuesday, May 11, 1p.m. ET:**

***Mind, Mood & Memory*** for the Hackensack NJ area and beyond. Featuring Roger Rossi, DO. [Click here](#) to learn more and register.

**Monday, June 7, 1:00pm ET:**

**Parkinson's 101: What You and Your Family Should Know.** Featuring Xin Xin Yu, MD. Registration details will soon be available.

If you have any questions about education programs, please call or email Nancy at 585-234-5355 or [nnealon@parkinson.org](mailto:nnealon@parkinson.org)

### ***NATIONAL EDUCATION PROGRAMS:***

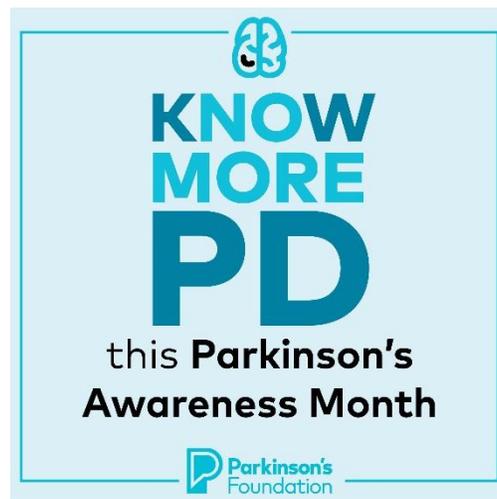


## *PD Health@Home*

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. You can also find and view previous programs.

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### ***APRIL IS PARKINSON'S AWARENESS MONTH:***



April is Parkinson's Awareness Month, and this year the Parkinson's Foundation is promoting the #KnowMorePD campaign to spread awareness about Parkinson's disease. Take the #KnowMorePD quiz and test your knowledge to see how much you know about Parkinson's disease. Then, share the quiz on social media so your family and friends can take the quiz as well! Each question links to important information that will help people live a better life with Parkinson's. And, if you take the quiz during April, you'll be entered to win one of four possible \$25 Amazon gift cards as well as the grand prize of a new Kindle Paperwhite, pre-loaded with all of the Parkinson's Foundation books on Kindle.

To check out the #KnowMorePD campaign, visit [Parkinson.org/Awareness](https://www.parkinson.org/Awareness).

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**SPECIAL EVENTS:**  
**THAT HELP US TO FULFILL OUR MISSION**



***Playing for Parkinson's***

Join the LIVESTREAM to end PD... On 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 supporting the Parkinson's Foundation in making life better for people living with Parkinson's disease.

***Our Goal***

All funds raised through **Playing for Parkinson's** will help bring quality care to more people with Parkinson's, further Parkinson's research, education and outreach initiatives. Help us reach our goal to raise \$70,000!

Click [here](#) to learn more and register with the New York team!

## 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



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.

## Central New York Moving Day

## Westchester Moving Day

## Southeastern PA

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### Community Spotlight:

In this edition, our community spotlight shines on:

***Cindy Finestone*** from Rochester, NY



We are so fortunate to have Cindy in our corner. She has been a tremendous supporter of the Parkinson's Foundation for several years. As a Parkinson's Foundation volunteer, Cindy is passionate about her contributions and as a fundraiser to help us achieve our mission. As a mentor to those newly diagnosed, her voice is one of optimism and the power of a positive spirit. She

brings light and energy wherever she goes and thereby encourages others impacted by Parkinson's disease.

She has served on the Symposium Committee for more than 4 years. In addition to planning and helping on the day of the event, she also has secured in-kind donations as well.

In addition to all the behind the scenes work on our behalf, Cindy is one of our top fundraisers for Moving Day Rochester. She generates lots of enthusiasm from her Rock Steady Boxing Flower City team members as well as reaching out to her family and friends.

Cindy also was the driving force in developing our first ever NHL Alumni Parkinson's hockey game in Rochester. And we are most fortunate that Cindy has joined our advisory board's Fund Development Committee to help our chapter with fundraising.

Cindy is widely respected and connected throughout the Greater Rochester community and therefore her message has a major impact. By virtue of her spirit of volunteerism and encouragement, she inspires others to volunteer and perhaps most importantly, to take responsibility for their health and wellness, leading to better health outcomes. Cindy's positive attitude is refreshing and contagious to those around her. We are so honored to have Cindy as an advocate to the Parkinson's community and are so thankful for everything she does!

## Are You Ready to become a Volunteer?



The Parkinson's Foundation New York New Jersey chapter is always in need of and recruiting new volunteers. Even though we are still in *socially distant mode* that will not last forever. We're getting ready now for the future. Volunteers are needed for a variety of opportunities. There's much work to be done, so how about it? Are you ready to join us? Contact any of the staff below to learn more. We can't wait to welcome you as a volunteer!

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

<b>STAFF</b>	<b>CAN HELP WITH</b>	<b>EMAIL</b>	<b>PHONE</b>
<p><b>Kim Collins</b></p> <p>Development Manager</p>	<p>Moving Day Rochester &amp; Central NY</p> <p>Playing for Parkinson's</p>	<p>kcollins@parkinson.org</p>	<p>585-770-7099</p>
<p><b>Laura Higgins</b></p> <p>Development Manager</p>	<p>Moving Day Westchester County</p>	<p>lhiggins@parkinson.org</p>	<p>475-328-0449</p>
<p><b>Chris Jamele</b></p> <p>Development Director</p>	<p>Moving Day Buffalo; board relations; fundraising</p>	<p>cjamele@parkinson.org</p>	<p>716-449-3795</p>
<p><b>Gabby Mameli</b></p> <p>Development Coordinator</p>	<p>Social media, donor relations, resource materials</p>	<p>gmameli@parkinson.org</p>	<p>716-899-2019</p>

<b>Nancy Nealon</b>  Community Program Manager	Educational programming	nnealon@parkinson.org	585-234-5355
<b>Nahid Wardeh</b>  Development Manager	Moving Day Southeastern PA & New Jersey	nwardeh@parkinson.org	732-639-1475

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