



# LIVING WELL WITH PARKINSON'S

Spring 2021

## Tips to Keep Your Daily Finances Organized & Protected

By Amy Jo Neill, Fiduciary and Daily Money Manager

Tax time is the perfect opportunity to take a financial “snapshot” of your household finances. As we gather up our W-2’s and 1099’s, totaling our deductible expenses such as out of pocket medical costs and charitable giving, it opens up a clear window on our finances and overall household spending. And this year, don’t be surprised if it looks very different!

For many, tracking tax information can be an arduous process of locating missing information or digging through desk drawers for receipts stuffed away throughout the year.

I recommend avoiding that level of disorganization by using simple financial software to help keep things organized throughout the year.

The most popular ones are [Quicken](#) and [Mint](#). Both are made by Intuit, but Mint is free, so it may be a good way to start. By linking to your bank and credit card accounts, your transactions download directly into the software program that organizes your income and spending by category.

Why do I like it?

1. It saves time – At the beginning, it takes a while to categorize everything properly, but it saves a ton of time come tax season! And it also creates a system you can stick with year after year.
2. It tracks tax deductions. There’s no need to frantically dig through my desk drawer because all tax deductible expenses are securely saved in one place!
3. It doesn’t lie – it creates a clear financial picture of income and expenses that also answers some basic questions. Am I really spending \$\$\$ on X\$#?@? (you fill in the blank. In previous years, it was the hair salon. In 2020, it was groceries. But I saved a fortune at the salon!)



Three tips to help protect against FRAUD:

Identity theft is becoming more and more commonplace, while SPAMMERS – and their annoying, round-the-clock calls, are trying harder than ever to separate us from our money. Three useful tools to help defeat them are:

1. [Identity Guard](#) alerts you when there is potential fraud on your bank or credit card.
2. [Nomorobo](#) is an inexpensive way to block those calls on your home or mobile phones. So many of us have been stuck in our homes and are painfully aware of the number of robocalls we get each day.
3. [TrueLink](#) is a Visa card that acts like a cash card with a fixed cash limit. You can also put limits on where it can be used. It’s especially helpful if give your credit card to others to use to shop for you.

My money mantra - *Is your money making your happy?*

I have always been careful about my spending, but that doesn’t mean I don’t enjoy spending money. I try to spend it in ways that will bring me joy, or that will make my life easier. So while I may forever trim my spending at the hair salon, I’m now happy to invest in a tech guy who is always available to help with any computer glitches. Boy does that make me happy!

And soon as it’s safe, I’m splurging on an in-home massage.

More information about Amy Jo Neill, owner of Amy Neill and Associates, Inc. can be found at [www.amyneillinc.com](http://www.amyneillinc.com)



## Support Groups!

The Department of Neurology currently hosts 3 support groups:

### PD Patient Support Group.

Meets the last Tuesday of every month. **NOW VIRTUAL!!**

### Care Partner Support Group

Meets the first Wednesday of every month. **NOW VIRTUAL!!**

### Deep Brain Stimulation (DBS) monthly info-session. **NOW VIRTUAL!!**

For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.



## New York State Parkinson's Education Symposium

Free virtual seminar for people with Parkinson’s, their family members, friends, and community. Learn about tips, strategies, and life hacks for living with PD.

**When:** Saturday, April 17, 2021 10:00AM– 1:00PM ET

**Where:** online via ZOOM platform

**For more information and to register, visit:**

<https://www.parkinson.org/events/2021/NYNJ-NYS-symposium>

## Center Spotlight! : Ongoing PD Study-Autoimmune Features of Parkinson's Disease

### What is this study?

We are doing this study to better understand the role of immune response in Parkinson's disease (PD).

- An immune response is how your body recognizes and defends itself against bacteria, viruses, and substances that appear foreign and harmful.
- PD is caused by loss of dopamine neurons in the substantia nigra (SN), a part of the midbrain associated with movement.
- Our research team have recently found that there may be an immune response to a protein (or proteins) in the brains of people with PD. This immune response may in turn lead to loss of brain cells in PD.

We now want to look further into the connection between the immune system and PD.

### Why is this important?

What we learn from this study could help us find a biomarker for PD. A biomarker can tell us about the presence of a disease and how the disease changes over time. Understanding more about the immune system's role in PD could help us better treat and care for PD patients.

### What is involved?

This study will recruit individuals with Parkinson's disease. **All study visits can be done remotely**, including **1 video visit and 1-2 mobile phlebotomy visits for blood draws**. The video visit involves a brief questionnaire, cognitive test and neurological exam. For the mobile phlebotomy visit, a certified health professional will go to your home and **draw 50mL (about 5 tubes, 3½ tablespoon) of blood**.

### Who is the study sponsor?

The United States National Institutes of Health

### Who can participate?

- If you are older than 55 years old
- If you were diagnosed with PD for 3-10 years
- If you live in the 5 boroughs of New York City, Long Island area, Westchester county, Putnam county, or Rockland county in NYS

You can read more about this study on ClinicalTrials.gov - <https://www.clinicaltrials.gov/ct2/show/NCT04239079>  
If you are interested in participating or want to learn more, contact Heather Xu at 646-774-5023/ [yx2389@cumc.columbia.edu](mailto:yx2389@cumc.columbia.edu)

### Division of Movement Disorders

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Irving Medical Center  
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212-305-1303

[www.columbianeurology.org/patient-care/movement-disorders](http://www.columbianeurology.org/patient-care/movement-disorders)

### **Wish to Donate?...**

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matt Reals, Senior Director of Development, at 212-304-7203 or [mr3134@columbia.edu](mailto:mr3134@columbia.edu)

## NeuroNEXT Study, Light Therapy for Impaired Sleep in PD

### What is this study?

We are doing this research study to find out if light therapy can help people with Parkinson's disease (PD) who experience difficulties with their sleep. We also want to find out if light therapy is safe and does not cause too many side effects. We do not expect the natural progression of Parkinson's Disease to change due to this study and it is not the target of the research.

### What is involved?

If you decide to join this research study, the following things will happen: you will have a physical and neurological exam, answer questionnaires, complete sleep logs and light therapy sessions, and if you are a woman of childbearing age you will have a urine pregnancy test. It will take you about 4 months to complete this research study. During this time, we will ask you to make 5 study visits to Weill Cornell Medical College and complete 3 phone calls.

### Will I be paid to take part in this research study?

We will pay you \$250 if you complete the study. If you do not complete the study, we will pay you \$50 for each visit you complete.

### If I have questions, concerns or complaints about this research study, whom can I call?

You can call us with your questions or concerns. Our telephone numbers are listed below. Ask questions as often as you want. Harini Sarva, MD is the person in charge of this research study. You can call her at 212-746-2584. You can also call Gabrielle Auerbach at 212-746-2474 with questions about this research study. If you have questions about the scheduling of appointments or study visits, call Gabrielle Auerbach at 212-746-2474.

If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at [movementdisorders@columbia.edu](mailto:movementdisorders@columbia.edu)

The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice

*"Don't count the days, make the days count."*

*-Muhammad Ali, diagnosed with PD in 1984*

## Upcoming Events and Resources

### **PD 101: Introduction to Parkinson's Disease**

*March 25, 2021 5:30-7:30PM EST*

For individuals recently diagnosed with Parkinson's disease. Hear from PD experts, including movement disorders specialist, physical, occupational, and speech therapy.

More info and registration at <https://columbiamedicalpd101march2021.eventbrite.com>

### **Advances in Deep Brain Stimulation For Parkinson's Disease and Tremors**

*Monthly, next meeting April 2, 2021 2:00-3:00PM EST*

An informative session for those interested in learning more about deep brain stimulation. To register for an upcoming meeting: [https://columbiacuimc.zoom.us/meeting/register/tJ0lf-GvrDkoGNO6QYtZXn\\_DcNRMwkrclcF0](https://columbiacuimc.zoom.us/meeting/register/tJ0lf-GvrDkoGNO6QYtZXn_DcNRMwkrclcF0)

### **2021 Parkinson's Virtual Unity Walk**

*Saturday April, 24th*

Visit the virtual Community Center and Partner alley online as a lead up to Unity Walk day on the 24th. Walk day will include an interactive online agenda. Register individually or with a team to help raise awareness and funds for Parkinson's disease research. For more info, visit [http://support.unitywalk.org/site/TR?pg=entry&fr\\_id=1150](http://support.unitywalk.org/site/TR?pg=entry&fr_id=1150)

### **PD 201: Managing the Middle Stages of PD**

*April 29, 2021 5:00-7:30PM EST*

For individuals with middle stage PD (1-2+ years on medication) and care partners. Hear from PD experts about treatment options for PD and important tips to manage disease progression.

More info and registration at <https://columbiamedicalpd201april2021.eventbrite.com>

### **Music and Movement Disorders**

*May 3, 2021 10:00-11:00AM EST and May 12, 2021 4:00-5:00PM EST*

Join us virtually for interactive musical performances by Manhattan School of Music and Project Music Heals us. Registration is required as space is limited. If you would like more information and/or would like to register please contact Elizabeth Delaney at [ead2179@cumc.columbia.edu](mailto:ead2179@cumc.columbia.edu)

### **Virtual Exercise Resource**

**Ed Gonera** is a certified personal trainer and senior fitness specialist for over 15 years with a focus on clients with Parkinson's and other diagnosis.

He provides a functional training program for his clients which includes exercises to assist with routine daily activities. These exercises promote balance, coordination, and stability with a focus on gait, strength, and core stability.

His clients see results with improvement in posture, flexibility, range of motion and foremost a reduction in the risk of injury.

This program is done virtually with 30 or 60 minute sessions.

For more info or to register, contact Ed at [edwardmgonera@gmail.com](mailto:edwardmgonera@gmail.com) or 845-323-3718