



COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER

LIVING WELL WITH PARKINSON'S

Winter 2023

Meet your New Neurology Social Work Manager, Movement Disorders Social Worker, and Centers of Excellence Coordinator, Erika Adelman, LCSW, SIFI



On August 7th, our new Social Worker, Erika Adelman, LCSW, SIFI joined our team as our former Social Worker, Elizabeth Delaney, LCSW, left our practice at the end of March. We would like to thank Elizabeth for all of her hard work, contributions, and the support that she provided our patients, caregivers, center, and the Parkinson's community as a whole over the years, and we wish her nothing but the best.

Erika joins us from NYP-Brooklyn Methodist Hospital, where she worked as the Social Work Resource Liaison for the Parkinson's and Other Movement Disorders Program and provided care coordination and support for individuals living with Parkinson's Disease (PD) and their loved ones. She also ran the hospital's PD Exercise and Wellness Program, and oversaw the MSW Internship Training Program, which she founded in 2016 to help raise PD specific competencies for social workers in training. Erika was also the former Program Coordinator for the American Parkinson Disease Association's Information and Referral Center Hotline at NYP-Brooklyn Methodist Hospital, where she provided resources to those living with PD in Brooklyn and beyond. Erika currently provides counseling services for people living with Parkinson's as well as their loved ones through her own part-time private practice, facilitates a support group for people living with PD in collaboration with Senior Helpers NYC as well as a PD Caregivers Support Group in collaboration with the Sephardic Community Center on a monthly basis, sits on the Medical Advisory Board for LifeSpark PD, and is an active member of the NASW-NYC Chapter. Erika has a strong desire to work with our team, community leaders, and the national associations to overcome the barriers of stigma and discrimination that currently exist within our healthcare and social service systems by providing more education, resources, and support to vulnerable individuals who suffer from mental health and neurodegenerative conditions. Erika also has an invested interest in bringing social work to the forefront in the field of movement disorders, and conducting research studies that focus on the non-motor symptoms and neuropsychiatric manifestations of PD.

If you/your loved one sees a Movement Disorders Specialists at CUIMC, Erika can assist with referrals, letters, transportation, DME, resources, and provide additional support to our patients and families. She can be reached at 929-695-0282.

PD Patient Support Group

Meets the third Tuesday of every month from 2:00PM-3:30PM.

Caregivers Support Group

Meets the first Wednesday of every month from 2:00PM-3:30PM.

Music and Movement Virtual Concert Series

Meets the first and third Wednesday of every month from 5:00PM-5:45PM.

Deep Brain Stimulation (DBS) Information Sessions

Meets the first Friday of every month from 3:00PM-4:00PM.

To register for our support groups, virtual concert series, and/or our DBS information sessions, please contact Erika Adelman, LCSW, SIFI at 929-695-0282.

Speech for PD

Meets every Tuesday and Thursday from 11:15AM-12:30PM. For more information and to register please contact Gemma Moya-Gale, Ph.D., CCC-SLP at gm2446@tc.columbia.edu.

The Division of Movement Disorders at CUIMC, Parkinson's Foundation, and CurePSP wish all of you and your loved ones a joyous holiday season, and a happy and healthy new year!



Center Spotlight : PBMC Clinical Trial

What is this study about?

PBMC Immunophenotyping is an observational study that investigates the roles of the *GBA1* and *LRRK2* genes in Parkinson's disease. Certain immune cells in the blood, peripheral blood mononuclear cells (PBMCs), highly express these gene products, making them a good target for study.

Who can participate?

Individuals with and without Parkinson's disease who do not have autoimmune disorders. In particular, those with *GBA1* and *LRRK2* mutations.

What is involved?

The study visit takes approximately 1 hour and involves questionnaires about medical history, Parkinson's disease symptoms, a brief cognitive test, and a blood draw. Participants are eligible for \$30 in compensation.

Who is the study sponsor?

Michael J. Fox Foundation

For more information, please contact:

Alexander Haimovich

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

Parkinson's Foundation National Hotline:

1-800-473-4636

Make a Gift--Make a Difference

Wish to Donate?...

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

Passage of The National Plan to End Parkinson's Act

On December 14th, the United States House of Representatives passed the bipartisan "Dr. Emmanuel Bilirakis and Honorable Jennifer Wexton's National Plan to End Parkinson's Act. "

What is National Plan to End Parkinson's Act?: It's a bill to direct the Secretary of Health and Human Services to fund and carry out a national project to prevent, diagnose, treat, and cure Parkinson's Disease (PD), ameliorate symptoms, and slow or stop progression. This bill would also support the coordination of research and services across all Federal agencies related to PD, encourage the development of safe and effective treatments, improve the early diagnosis of Parkinson's and coordination of care for individuals with PD, review the impact of PD on the physical, mental, and social health of people living with PD & their caregivers, coordination with international bodies to integrate and inform the mission globally, collaborate with other entities to prevent duplication of existing research activities for related disorders.

For more information, go to: <https://www.congress.gov/bill/118th-congress/house-bill/2365/text>

Wish to Donate?

A Gift that Pays You Back – *Now with Higher Rates.* A charitable gift annuity is a great way to receive a fixed lifetime payment and support Columbia's Division of Movement Disorders in return. You can name up to two people receiving lifetime income and qualify for an income tax deduction. The rates are based on the age of the person receiving the annuity, and in most cases, part of the payment is tax-free.

For example, if a 79-year-old gives \$25,000 to Columbia in exchange for a gift annuity today, they will receive a fixed annuity payment of \$1,700 each year for life at a rate of 6.8%, receive an income tax deduction and support the Division of Movement Disorders.

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

-Muhammad Ali, diagnosed with PD in 1984