



Join the Fun!

June 24 – 26, 2011

Parkinson's

ARTS & MOVEMENT WEEKEND

Adelynrood Conference Center, Byfield, MA



This program is brought to you by the Massachusetts Chapter of the American Parkinson Disease Association.

Celebrate! Start the summer with a weekend of hands-on workshops in

- Art
- Dance
- Photography
- Tai Chi
- Yoga
- Plus two additional evening events

Professionals in each field tailor these interactive sessions specifically for people living with Parkinson's. The workshops provide opportunities to learn, adapt, express, focus, stretch and relax.

Connect! Set amid rolling meadows and wooded paths, the conference center provides ample opportunity to explore, connect with friends, or simply relax.

- All meals, lodging, workshops and evening events included
- Rate based on single-occupancy rooms
- Double-occupancy rooms are limited and available to those with caretakers
- Shared bathrooms (plenty of them!)
- Grounds and building are handicap-accessible
- Numerous quiet areas as well as porches and community rooms for gathering
- Special diets can be accommodated upon request

Enjoy! Here's the weekend's schedule at a glance:

Friday, June 24:

1:00 pm – 3:00 pm: Check-in

3:30 pm: Meet & Greet/Intro/Opening

6:00 pm: Dinner

7:30 pm: The Body's Eloquence

Sunday, June 26

8:00 am: Breakfast

9:00 am: Workshop I

10:30 am: Workshop II

12:30 pm: Lunch and Wrap-up

Saturday, June 25

8:00 am: Breakfast

9:00 am: Workshop I

10:30 am: Workshop II

12:30 pm: Lunch

2:00 pm: Workshop III

6:00 pm: Dinner

7:30 pm: Piano and Song

And here are the Workshop Facilitators:

Jane Arsham, Arts & Movement Weekend Co-director

Tai Chi The practice of Tai Chi has been proven to reduce stress, increase flexibility and improve balance. Jane Arsham has been studying/practicing Tai Chi for 15 years and is certified to teach both the Yang style long and short form. She also was a principal instructor for the Harvard study on the impact of Tai Chi on people with congestive heart failure. Her workshop will be a sample of the flowing, gentle tai chi movements adapted for people living with Parkinson's that Jane teaches in the Boston area. Everyone can participate.

Ken Bernstein

Photography Ken has extensive experience as a photo educator for adults and high school. In addition to his work with traditional photography, Ken mentors adults in digital photography. His emphasis is on building awareness of the extraordinary world in everyday places.

Jed Hickson

Photography Jed describes himself as poet, photographer, patient, teacher, explorer, and student. He started in photography and poetry more than 46 years ago and continues with both today, more actively than ever. Recent exhibits combine poetry and photography. Come and share your images and your thoughts, he loves that too.

Renee Le Verrier, RYT, Arts & Movement Weekend Co-director

Yoga Renee is a certified yoga instructor who focuses on creating adaptations and modifications for individuals who find it challenging to move with ease. She is the author of *Yoga for Movement Disorders: Rebuilding Strength, Flexibility and Balance for Parkinson's Disease and Dystonia* (2008) as well as the *Companion DVD to Yoga for Movement Disorders* (2010). Renee teaches and presents about yoga throughout New England, including at the MGH Parkinson's Center Yoga and Lecture Program, at Whittier Rehabilitation Hospital and weekly studio classes in Newburyport, MA. To visit Renee's website, go to www.limyoga.com.

Suzanne McLeod, MA, EXTH, LMHC

Art Suzanne is an artist and Expressive Therapist living in Arlington. Suzanne uses mixed-media materials when creating two and three-dimensional art, and enjoys working expressively and intuitively with dreams, landscape, and still life. She is a graduate of the Expressive Therapies Masters Program at Lesley University, where she has also taught; she works as Clinical Supervisor at Arbour Counseling Services Partial Hospitalization program in Woburn, and in private practice.

Pamela Quinn

Dance Pam was a professional dancer with ODC/San Francisco before she was diagnosed fourteen years ago with Parkinson's. She teaches at the Movement Lab, sponsored by the Brooklyn Parkinson Group at the Mark Morris Center, and Dance and Movement Awareness for People with Parkinson's at the Adele Smither's Parkinson Center at the New York College of Osteopathic Medicine. Pam also works privately with patients in New York City where she lives with her husband and two sons. She has presented her ideas about managing Parkinson's at New York Hospital, Bellevue, Beth Israel, Kings County and NYU's Sunday Series at the JCC. She is a graduate of both the Allied Team Training Program and the Clinical Research Learning Institute. Her video, "Welcome to our World," was featured at the opening night ceremony at the World Parkinson Congress in Scotland as a co-winner of the video competition. To see the video and to learn more about her, you can visit her website at pamelaquinn.net.

Cathi Thomas, MS, RN, CNRN Arts & Movement Weekend Co-director

Cathi is the Nurse Coordinator of the American Parkinson Disease Association Information and Referral Center at Boston University Medical Center. During the past twenty-five years Cathi has provided care to individuals with Parkinson's disease and their families. As a Clinical Nurse Specialist in neurorehabilitation, she has developed programs to assess the impact of Parkinson's disease on a patient and family and to assist them in coping with this condition.

Rates

Rate (includes 2 nights lodging, all meals and each workshop)

Early Bird Rate (by April 15, 2011)	Regular Rate (after April 15, 2011)
ADPA Member: \$295.00 non-member: \$305.00	ADPA Member: \$305.00 non-member: \$325.00

See reverse side for mail-in Registration Form. Or, go to <http://events.constantcontact.com/register/event?llr=gwdfa5bab&oeidk=a07e3dsngwy1154cad5> to register online. For more information, please contact Jane Arsham (774-454-0001) or Renee Le Verrier (978-420-4340).

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Registration

Name: _____

Address: _____

Phone: _____ Email address : _____

Adelynrood offers lodge-style accommodations: (single rooms, some double rooms), many have porches, shared bathrooms throughout (no more than two rooms share one bath.).

So we can ensure a comfortable stay, please let us know:

1) Do you require a double-occupancy room (limited number; for those with caretakers)?

____ Yes ____ No ____ If possible

2) Some bathrooms are handicap accessible. Do you need to be next to one?

____ Yes ____ No ____ If possible

3) Do you require a room near an elevator or a handicap accessible bathroom?

____ Yes ____ No ____ If possible

4) There are a limited number of double rooms, available to those with caretakers. Do you require a double room?

____ Yes ____ No ____ If possible

5) Do you have any food allergies?

____ Yes ____ No ____ If yes, please list: _____

Payment: Enclosed is my check for

____ APDA Member _____ \$295 (early birds special) _____ \$305 (After April 15)

____ Non-member _____ \$305 (early bird special) _____ \$325 (After April 15)

*Please make checks payable to APDA-MA and send to:
APDA c/o Jane Arsham, 21 Robbins Rd., Arlington, MA. 02476*