

## MAY 2019 SUPPORT GROUPS

### MANHATTAN, NY

Tuesday, May 21<sup>st</sup>, 2019 from 6:00 to 8:00 pm  
Mount Sinai Downtown at Union Square  
Phillips Ambulatory Care Center  
Neurology Dept., 5th Floor Conference Room  
10 Union Square East (b/w 14th & 15th Sts.)  
New York, NY 10003  
Contact: Jody Wiesel, PhD, (917) 699-9751  
Speaker: Eileen Kapelner, Nutritionist  
Topic: Importance of Nutrition in ALS  
Next month's support group meets: June 18<sup>th</sup>, 2019

### QUEENS, NY

Wednesday, May 15<sup>th</sup>, 2019 from 6:00 to 8:00 pm  
The Silvercrest Center for Nursing and Rehabilitation  
144-45 87<sup>th</sup> Avenue - 1<sup>st</sup> Floor Dining Room/Lounge  
Briarwood, NY 11435  
Contacts: Michelle McKenzie, LMSW, (718) 644-1750  
Speaker: Ms. Audrey Bernstein, LMSW  
Title: Exploring End of life care: modalities, resources, emotional and spiritual care  
Next month's support group meets: June 19<sup>th</sup>, 2019

### JAMES J. PETERS BRONX VA MEDICAL CENTER

Tuesday, May 14<sup>th</sup>, 2019 from 1:00 to 3:00 pm  
130 West Kingsbridge Road  
JJPVAMC Room 5C-02, 5<sup>th</sup> Floor, Bronx, NY 10468  
Contacts: Michelle McKenzie, LMSW (718) 644-1750  
Ernest Acheampong, RN (718) 584-9000 ext. 5388  
Topic: Open Discussion  
Next month's support group meets: June 25<sup>th</sup>, 2019

### NASSAU COUNTY, NY

Monday, May 6<sup>th</sup>, 2019 from 6:00 to 8:00 pm  
Northwell Health at Plainview Hospital, (Second Floor Classroom)  
888 Old Country Road, Plainview, NY 11803  
Contacts: Cindy Keyser-Posner, LMSW, (631) 416-2767  
Theresa Imperato, RN, (516) 946-5467  
Speaker: Shayne Robinson, RD, CSO  
Topic: ALS & Nutritional Therapy  
Next month's support group meets: June 3<sup>rd</sup>, 2019

### SUFFOLK COUNTY, NY

Tuesday, May 7<sup>th</sup>, 2019 from 6:00 to 8:00 pm  
Stony Brook Neurology Offices  
181 North Belle Mead Road Suite 5, East Setauket, NY 11733  
Contacts: Theresa Imperato, RN, (516) 946-5467  
Cindy Keyser-Posner, LMSW, (631) 416-2767  
Speakers: Lorraine Danowski, RD, PhD  
Topic: ALS & Nutritional Therapy  
Next month's support group meets: June 4<sup>th</sup>, 2019

### WESTCHESTER, NY/WHITE PLAINS

Tuesday, May 14<sup>th</sup>, 2019 from 6:00 to 8:00 pm  
Burke Rehabilitation Center  
785 Mamaroneck Avenue, Building 7, White Plains, NY 10601  
Contacts: Helen Mayer, RN, (845) 520-0952  
Nancy Brenner, LCSW, (914) 406-3513  
Topic: Open Discussion  
Next month's support group meets: June 11<sup>th</sup>, 2019

### LOWER HUDSON VALLEY, NY

Tuesday, May 7<sup>th</sup>, 2019 from 6:00 to 8:00 pm  
Ambulatory Surgery Center Bldg. C, 3rd Fl. 200  
Westage Business Center, Fishkill, NY 12524  
Contacts: Helen Mayer, RN, (845) 520-0952  
Nancy Brenner, LCSW, (914) 406-3513  
Topic: Open Discussion  
Next month's support group meets: June 4<sup>th</sup>, 2019

### NORTHERN NJ/SADDLEBROOK

Thursday, May 2<sup>nd</sup>, 2019 from 7:00 to 9:00 pm  
Kessler Institute for Rehabilitation  
300 Market Street, Saddle Brook, NJ 07663  
Contacts: Debbie Schlossberg, LMSW (732) 710-8832  
Mary Ann Mertz, RN, (908) 552-5573  
Topic: Open Discussion  
Next month's support group meets: June 6<sup>th</sup>, 2019

### CENTRAL NJ

Saturday, May 18<sup>th</sup>, 2019 from 2:00 to 4:00 pm  
Robert Wood Johnson Fitness & Wellness Center  
100 Kirkpatrick Street, Community Education Room, Level 2  
New Brunswick, NJ 08901  
Contacts: Debbie Schlossberg, LMSW, (732) 710-8832  
Mary Ann Mertz, RN, (908) 552-5573  
Topic: Open Discussion  
Next month's support group meets June 15<sup>th</sup>, 2019

### TELEPHONE SUPPORT GROUPS

PATIENT group: Every Monday from 2:30 to 3:30pm  
CAREGIVER group: Every Wednesday from 4 to 5pm  
Contact: Susan Zimmerman, LCSW, (212) 720-3050  
Topics include: Open Discussion, Stress Reduction,  
Mindfulness and Meditation Techniques