

## Introducing **THE PARKINSON'S MENTORING PROGRAM AT JFK**

What does everyone diagnosed with Parkinson's have in common? All of us started with a symptom or symptoms that led us to a doctor; we received our diagnosis; and then we asked, **WHAT'S NEXT?**

Do you remember how you felt back then? Were you fearful? Angry? Confused? In Denial? Maybe you still have some of these feelings. Did you wish you had a friend or confidante—someone else who had PD—who could help you move forward and cope with the maze of information about treatments, medications, and resources available?

JFK began its first-ever PARKINSON'S MENTORING PROGRAM! We'll be looking to enroll enthusiastic, positive individuals who have already started their journey in the world of Parkinson's Disease—and pair them with Newly-Diagnosed JFK patients or those who are simply seeking additional support as they navigate their way around the JFK care and treatment campus.

### **Who is qualified to be a mentor?**

We're looking for existing PwPs who are able and willing to:

- Provide information about JFK and its various PD programs
- Provide resources about the Parkinson's Foundation and other sources of valuable information about PD
- Listen to a new patient's concerns and provide empathy and encouragement
- Share personal experiences about their own journey with Parkinson's Disease
- Promote positive behavior by setting a good example
- Be willing to laugh, look on the bright side, and remember to be grateful for everything that's good in life, including new treatments and medications on the horizon

If you fit this profile and are willing to become a PD Mentor, contact **Donna Mastropolo** ([dmastropolo@yahoo.com](mailto:dmastropolo@yahoo.com)), **Program Coordinator**.

## **Who is qualified to be a mentee?**

If you have been recently diagnosed with Parkinson's disease and believe you would benefit from a little guidance from someone who is familiar with what you are going through physically or emotionally, you are the perfect candidate to be a mentee or a learner. Learning the ropes of a complex disease can be a daunting experience to anyone who is adjusting to and accepting their diagnosis. It's so much easier to overcome the challenges you will face when you have someone you can call to compare notes and ask questions. Being prepared for your journey can significantly improve your quality of life. You don't need to go it alone!

If you fit this profile and wish to become a Mentee, contact **Donna Mastropolo** ([dmastropolo@yahoo.com](mailto:dmastropolo@yahoo.com)), **Program Coordinator**.

## **Stay Safe and Keep Moving!**

John Kolaya

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