



PDU-17X (06.25.2021)



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDUpdate No. 17-Extra

JFK's Parkinson's Newsletter

A Call for Care Partners

Does your spouse or loved one have Parkinson's Disease? If so, are you his or her Care Partner (or Care Giver)? As a Care Giver, you are an important part of the Person with Parkinson's (PwP's) Team. The Team consist of:

1. The PwP
2. Yourself - The Care Partner
3. Your Movement Disorder Specialist
4. Your Physiatrist
5. Other Physicians (PCP, cardiologist, and other specialists)
6. Your Physical and Occupational Therapists
7. Your PD Support Groups
8. Your friends and family
9. Your Mentor or Mentee
10. The Parkinson's Foundation

As the Care Partner, you may be in the position to have the greatest influence over your loved one's well-being. Depending, of course, on many factors such as age, general physical and mental condition, and the level of Parkinson's advancement, your care will vary from that of a cheerleader to one who provides constant companionship and assistance. Regardless of the level of care that you need to provide, it is very important that your approach is informed and competent in order to ensure that the PwP remains encouraged, safe, exercises, and takes his or her meds on time. Your role may be expanded to include driving, keeping doctors and therapists' appointments, and making sure that you **both** are getting the most

out of your support groups. Importantly, you must also make time for yourself to prevent 'care giver burnout'.

There is another Care Partner support group on Monday at 4:05 pm. Please make an effort to be there and learn how to cope in your evolving role from other care partners. You will have an opportunity to ask questions and learn where to find resources specifically for care partners. In order to make sure that you are receiving information about Care Partners, **please send me your own email address and cell/text numbers along with that of the PwP in your family.**

Care Partner Support Group, Monday, June 28th at 4:05 pm

Are you providing informed care for your loved one with Parkinson's disease? I first met **Nancy Redkey** at the Parkinson's Foundation Volunteer Summit in 2018. Her involvement as a Care Partner to her husband inspired her to continue Parkinson's advocacy for many years, including her most recent participation as moderator for the New York State Parkinson's Education Symposium. Nancy is the chairperson of the Parkinson's Disease Support Group of the Mid-Hudson Valley and will share her experience and answer your questions.

You may join all of my the Zoom meetings at <https://us02web.zoom.us/j/2128260907>

Support Group Dates for 2021 - Mark your calendars!

Parkinson's Support Groups (3rd Monday of every month)

July 19, August 16, September 20, October 18, November 15 & December 20

Care Partner Support Groups (4th Monday of Even months)

June 28, August 23, October 25, December 27

DBS Support Groups (4th Monday of Odd months)

July 26, September 27, November 22

Stay Safe and *Keep Moving!*

John Kolaya, HMH-JFK Parkinson's Patient Advocate

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PDUpdates are distributed as needed to keep HMH JFK clients informed of important information about Parkinson's Disease and HMH JFK's Comprehensive Parkinson's Program. For your privacy, your name will not appear on any of the email documents. You may opt out of this free service by replying to this email with your desired intentions.