



PDU-16X (06.20.2021)



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDUupdate No. 16 Extra

JFK's Parkinson's Newsletter

Parkinson's Support Group – Thursday, June 24th at 4:00 pm

The June PD Support Group will be on THURSDAY this month and will feature Dr. Roger Rossi. Dr. Rossi will present his **"Top Ten Questions asked about Parkinson's Disease."** This topic is sure to spark a lively conversation, so please come prepared to learn important aspects of the disease.

Newly Diagnosed Lecture to follow Support Group

Immediately following the Support Group on Thursday, June 24th Dr. Rossi will be presenting **The role of the physiatrist in treating Parkinson's Disease and a review of JFK's Comprehensive Parkinson's Wellness Program.** This lecture will be principally for our Mentor/Mentee Program in conjunction with our Newly Diagnosed Lecture Series. However, I guarantee that this information will be useful for our more experienced PwPs, so stick around for Part 2!

You may join the Zoom meetings by clicking on <https://us02web.zoom.us/j/2128260907>

Support Group Dates for 2021 - Mark your calendars!

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

June 24^{**}, July 19, August 16, September 20, October 18, November 15 & December 20

^{**} Thursday

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

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

Look for details in PDUupdate 17!!!

A Call for Mentors and Mentees

Our Newly Diagnosed Program has been a successful addition to our Comprehensive Parkinson's Program. With 6 mentors and 6 mentees (that's right...we're growing!) in the program as of now, we see a tremendous benefit to our Newly Diagnosed colleagues who are in the process of learning the ropes of their new life with PD.

The mentor/mentee program is essentially for newly diagnosed PwPs although anyone who is having difficulty coping may become a mentee. The mentors will act as "big brothers" or "big sisters" and will serve as sounding boards, sharing experiences and offering hope to the mentees.

The program starts with six lectures to provide the mentees with the necessary tools to function in the Parkinson's world. The topics selected will bring the Newly Diagnosed person up to speed on the basics of treatment rather than have them learn a little at a time over a long period of time. Once these foundation blocks have been laid, and with the help of their mentors, the Newly Diagnosed will have the all-important knowledge that will help them to get through their day.

Newly Diagnosed Lecture Series (June & July 2019):

1. The Parkinson's Foundation
2. Speech, Swallowing & Singing
3. Exercise
4. The Role of the Psychiatrist and JFK's Comprehensive PD Program – June 24th
5. Medications
6. How to prepare for your next MDS visit and what to expect

Do you have the desire to volunteer as a mentor or, as a newly-diagnosed PwP or someone who is having difficulty dealing with their diagnosis, would you like to join our mentee group? Please contact John Kolaya (914) 837-6910, jkolaya@aol.com or Donna Mastropolo, Program Director, dmastropolo@yahoo.com to become a part of this new program!

Stay Safe and *Keep Moving!*

John Kolaya, JFK Parkinson's Patient Advocate (914) 837-6910; jkolaya@aol.com

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