



PDU-16 (06.15.2021)



## ***PDUpdate No. 16***

JFK's Parkinson's Newsletter

### **Parkinson's Support Group – Thursday, June 24<sup>th</sup> 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 24<sup>th</sup> 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** (3<sup>rd</sup> Monday of every month)

June 24<sup>\*\*</sup>, July 19, August 16, September 20, October 18, November 15 & December 20

<sup>\*\*</sup> Thursday

**Care Partner Support Groups** (4<sup>th</sup> Monday of Even months)

June 28, August 23, October 25, December 27

**DBS Support Groups** (4<sup>th</sup> Monday of Odd months)

July 26, September 27, November 22

### **TOMORROW, Thursday, June 17<sup>th</sup> at 4:00 PM – Newly Diagnosed Series**

Jennifer Lazaro, PT, DPT, NCS is a Board Certified Neurologic Physical Therapist at JRI Johnson Rehab. Jennifer will be with our Mentor/Mentee group to talk about the benefits of Exercise for PwPs including PD-specific exercise including Rock Steady Boxing, walking, biking, yoga, Tai Chi, etc. I have heard her lecture before at Rutgers University and guarantee that it is

educational and interesting. While his lecture series is designed for the Newly Diagnosed PwP, it is an excellent review for everyone. **Therefore, it is being made available to everyone!**

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

### **A Call for Mentors and Mentees**

Our Newly Diagnosed Program has been a successful addition to our Comprehensive Parkinson's Program. With 5 mentors and 4 mentees 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
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](mailto:jkolaya@aol.com) or Donna Mastropolo, Program Director, [dmastropolo@yahoo.com](mailto: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](mailto:jkolaya@aol.com)

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