



PDU-25 11.12.2021



Hackensack
Meridian Health
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The JFK
Parkinson's Advocate
WE WILL NEVER QUIT!
Supporting JFK by enhancing the patient experience

www.jfkpdadvocate.com
(as of 12/1/2021)

***PDU*update No. 25**

JFK's Parkinson's Newsletter

Hi to all People with Parkinson's, their Care Partners, Loved Ones, Friends, Co-workers and Others who support our cause.

SUPPORT GROUP MEETINGS

NOTE: You may join all our Zoom meetings at

<https://us02web.zoom.us/j/2128260907>

Next Support Group Meeting – Wednesday, November 17th at 7:30 pm

HERE'E WHERE DETERMINATION GETS YOU!

We're going to switch things up a bit next week. Instead of having our structured zoom class, we're going to visit with **Jimmy Choi**, who at age 27 was diagnosed with Parkinson's disease. He went on to start exercising and running. He ran numerous marathons and then he began building his body up to what became a national sensation as a Ninja Warrior, competing 3 times on **American Ninja Warrior**.

Jimmy will be releasing his Exercise video for YOPN, the **Young Onset Video Network**, and, if we act quickly, we can reserve spots before they run out! SO, here's what you do...

SIMPLY click on the following link and **REGISTER RIGHT AWAY!**

<https://www.eventbrite.com/e/young-onset-parkinsons-networks-november-community-gathering-invite-tickets-206229045627?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

The zoom link for the actual event will be emailed directly to you

Newly-Diagnosed/Young Onset Meeting – Thursday, November 18th at 5:00 pm

A New Feature - If we're going to cover all the bases, we need to include the **Young Onset Parkinson's community** somewhere. It's surprising how many PwPs were diagnosed under the age of 50. How many you ask? According to the Parkinson's Foundation, **Young Onset affects 4% of the approximately 1 million Parkinson's patients or 40,000 people in the United States alone.** So, for now, let's include the Young Onset PwPs with our Newly-Diagnosed PwPs, and see how it goes!

in this meeting there is always a great conversation about topics that the mentees want to know about. Our mentors are a group of determined and inspired people that keep the conversation going! **Let's use this time to discuss the Jimmy Choi video!**

Please make every attempt to attend this meeting. You will find the atmosphere low-key and enlightening, and you will find that **you are not alone with your diagnosis!**

Note that the Newly-Diagnosed meetings are **not just for PD "Newbies."** They can ALSO help anyone on their PD journey, including those who need a "**refresher.**" It's an excellent opportunity for those having difficulties after several years of living with Parkinson's to get back on track with your exercise, therapy, or attitude. We may pair you up with a motivated PwP who will give you tips on exercise, therapy and how to put some spring back in your step!

You may join our Newly Diagnosed group by contacting myself (jkolaya@aol.com) or Donna (dmastropolo@yahoo.com).

Zoom : <https://us02web.zoom.us/j/2128260907>

Care Partners' Support Group – Monday, November 22nd at 4:05 pm

Dear Care partners, we absolutely need and want your participation at our Care partners' support groups. This is stuff that you won't necessarily hear or talk about at the PwP (People with Parkinson's) support groups. The last few worked out so well that we will have another one next Monday.

November is National Care Partners' Month and **Missy Morgan** has a story to tell you about being a Care Partner to a Law Firm Partner, **Jim Morgan.** You may recall that Jim recently spoke at our DBS Support Group, after having undergone a Deep Brain Stimulus procedure in Florida. Jim continues to practice law and is doing well. Missy will fill us in on a few aspects of Jim's

bout with PD and give us the 'skinny' on some of the things she did to stay sane while dealing with her husband's PD. Please attend this meeting. You are very important to us and to your PwP. Let us know how we can help!

The Parkinson's Foundation has lots of great information about Care Partners. Click on this link to find the Top 10 resources for Care Partners:

<https://www.parkinson.org/blog/caregiver-corner/top-caregiver-resources>

See you on November 22nd. I told Missy that she needs to hit a home run, because we're expecting around 100 people to hear what she has to say! **DO NOT LET HER DOWN!**

A Parkinson's Social Event – Thursdays, November 25th from 1:30 pm to 3:00 pm

Grooving on a Thursday Afternoon!

for People with Parkinson's

A free social activity with gentle movement and speech exercises. Bring your significant other!

Every Thursday at the Wall Municipal Complex!

Coffee at 1:30 Program from 2:00-2:45.

Have some coffee and chat with your friends, then join a supplemental exercise designed to enhance your therapies. The program will change weekly. What will it be this week? Singing? A joke-telling contest? Gentle Tai Chi exercises? Groovin' dance steps? Come and find out!

Grooving on a Thursday Afternoon is sponsored by Cornerstone Speech and Language, SOAR Physical Therapy and Busacca Fitness and is free to the public.

*I can't imagine anything that's better
The world is ours whenever we're together
There ain't a place I'd like to be instead of Groovin'*

SUPPORT AND OTHER GROUPS COMING SOON (on zoom except for Groovin'):

Monday, November 29th at 4:05 pm – DBS Support Group

Wednesday, December 1st at 3:00 pm – ParkinSINGS with Aly

Thursday, December 2nd at 1:30 pm – Groovin' with Carol

Thursday, December 2nd at 2:00 pm – PwP Support Group with Dr. Roger Rossi

Wednesday, December 8th at 3:00 pm – ParkinSINGS with Aly

Thursday, December 9th at 1:30 pm – Groovin’ with Carol

Thursday, December 9th at 5:00 pm – Newly-Diagnosed/Young Onset Support Group

Wednesday, December 15th at 3:00 pm – ParkinSINGS with Aly

Thursday, December 16th at 1:30 pm – Groovin’ with Carol

Monday, December 20th at 4:05 pm - PwP Support Group with Roseanne Dobson, PhD

Wednesday, December 22nd at 3:00 pm – ParkinSINGS with Aly

Thursday, December 23rd at 1:30 pm – Groovin’ with Carol

Thursday, December 23rd at 5:00 pm – Newly-Diagnosed/Young Onset Support Group

Note: Rock Steady Boxing will take place every Mon. at 10, Wed. at 1:00 and Fri. at 10
LOUD CROWD will take place every Mon. at 3:00 pm and Thurs. at 11:00 am (prerequisite)

Parkinson’s Foundation HelpLine and Website

The Parkinson’s Foundation’s HelpLine at 1-800-473-4636 is always a great resource for all PD-related questions and resources. The Parkinson’s Foundation Website is at:

<https://www.parkinson.org>

Get the Latest Parkinson’s News from JFK University Medical Center

PDUpdates will be e-mailed directly to you. All you need to do is send me your name and your e-mail address indicating you would like to receive your own copy when it is published. As noted below, your information will remain confidential, and you may opt out at any time.

Stay Safe and *Keep Moving!*

John Kolaya,

JFK Parkinson’s Patient Advocate

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WE WILL NEVER QUIT!

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