



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDU-11X (03.12.2021)

PDUpdate No. 11Xtra

JFK's Parkinson's Newsletter

Next Parkinson's Support Group – Monday, March 15th at 4:05 pm

Topic: The Importance of Speech Therapy for People Living with Parkinson's Disease

Speaker: **Alyson Chanie**, MS, CCC-SLP, at HMH JFK Johnson Rehab Institute. Aly specializes in LSVT and Speak Out, as well as other Parkinson's therapy techniques, and is the Director of the *ParkinSINGs* choir.

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

Description – If you are having difficulty with speech, voice, swallowing, thinking/memory, or word-finding, you will want to attend Aly's talk on March 15th. Exercise for your vocal chords is as important to your communication as conventional exercise is for your mobility (topic for another day). Aly makes speech, singing and cognitive exercise both rewarding and lots of fun. The phrase "Use it or lose it" was never so true!

Deep Brain Stimulation (DBS) Support Group – Coming on March 22nd

The HMH JFK Parkinson's Patient Advocacy Program (PPAP) will hold bi-monthly DBS Support Group Meetings on the 4th Monday of odd months. The first DBS Support Group will be held on **Monday, March 22nd** at 4:05 pm.

Topic: The Basics of Deep Brain Stimulation

Speakers: **Anton Svetlanov, D.O.**, is a board-certified neurologist and Movement Disorder Specialist, who specializes in Parkinson's and Movement Disorders at HMH JFK's NJ Neuroscience Institute. **Stephen Bloomfield, M.D.**, is a board-certified neurosurgeon, who specializes in Deep Brain Stimulation (DBS) Therapy, at HMH JFK's NJ Neuroscience Institute.

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

Description – Are you starting to experience involuntary movements (dyskinesia)? Learn about the criteria used to determine if you are a candidate for DBS, the implantation procedure, and the capabilities of the neurotransmitter. Don't miss this one if you're thinking about DBS surgery or if you have had DBS!

In Other Parkinson's News.....

The next ParkinSINGS virtual concert will air on April 7, 2021 at 6:00 pm

Mark your calendar, share with friends, and click the following link to register for this incredibly fun and HOPE-inspiring event:

<https://events.hackensackmeridianhealth.org/parkinsings>

Introducing our own Hugh M. - Right Now!

Check out this beautiful and educational video about Parkinson's, featuring our very own Hugh M.

<https://www.youtube.com/watch?v=wNCMJ08UJqk&t=1s>

Article About Exercise by Dr. Roger Rossi, D.O.

How Exercise Affects People with Parkinson's Disease

<https://www.hackensackmeridianhealth.org/HealthU/2021/02/05/how-exercise-impacts-parkinsons-disease/>

To Learn More About JFK's Comprehensive Parkinson's Disease Program, click on:

<https://www.jfkmc.org/services/the-neuroscience-institute/movement-disorders/parkinsons-disease>

We're now on Facebook!

For topics, details, photos, and updates, go to **Facebook**; Public Groups, Parkinson's Support Group at HMH JFK University Medical Center

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

Parkinson's Disease Updates 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.

Stay safe and keep moving!

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