



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDU-11 (03.06.2021)

***PDU*Update No. 11**

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 Choir 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, word finding or singing, 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, specializing in Parkinson's and Movement Disorders at HMH JFK's NJ Neuroscience Institute. **Stephen Bloomfield, M.D.**, is a board certified Neurosurgeon, specializing in Deep Brain Stimulation (DBS) Therapy, also 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.....

Parkinson's Disease Webinar – Tuesday, March 9th at 11 am

Join **Dr. Roger Rossi, D.O.**, and learn about **current advances in the treatment and management of Parkinson's Disease**. Dr. Rossi is the Director of the Comprehensive Parkinson's Disease Program at HMH JFK.

To Join Webinar, Enter <https://hackensackmeridianhealth.org/events> in your web browser to Register or Telephone 1-800-560-9990

Sing Out Loud with Aly Chananie – Wednesday, March 10th at 1 pm

Please join Aly and the Parkinson's Foundation for a **virtual 60's tunes voice exercise Sing Along**. To register, click the link below:

<https://www.parkinson.org/events/2021/PDHealth/WW-SocialEng/3>

The ParkinSINGS next 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 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/>

For 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, email Jkolaya@aol.com or go to **Facebook**, Public Groups, Parkinson's Support Group at HMH JFK University Medical Center

Stay safe and keep moving!

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

PDUpdate is 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.