



Hackensack  
Meridian Health  
JFK Medical Center



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JFK Johnson  
Rehabilitation Institute

PDU-08 02.07.2021

## ***PDUpdate No. 8***

### ***JFK's Parkinson's Newsletter***

#### **Next Parkinson's Support Group – February 15<sup>th</sup> at 4:05 pm**

The second PD Support Group of 2021 will feature **Dr. Steven Markos, D.O.**, who will discuss **Botulinum Toxin** - a powerful treatment for numerous symptoms many individuals living with Parkinson's disease experience. Dr. Markos earned his medical degree from the University of Pittsburgh School of Medicine. He completed his PM&R residency here at the JFK Johnson Rehabilitation Institute, where he served as an Academic Chief Resident. Dr. Markos is an attending physiatrist and provides patient care in the inpatient and outpatient settings with a focus on Parkinson's Disease and spasticity.

**When:** Monday, February 15, 2021 at 4:05 pm (third Monday of each month)

**Where:** Virtually on ZOOM: <https://hmhn.zoom.us/j/85161656872> Passcode: 932789

#### **Care Partners Support Group – February 22<sup>nd</sup> at 4:05 pm**

**Dr. Gina Danner**, a Rehabilitation Psychologist at JFK Johnson Rehabilitation Institute (JRI), will be conducting a seminar entitled **"Taking Care of Ourselves So We Can Take Care of Others."** This seminar will be co-sponsored by the JFK Speech and Audiology Department's **ParkinSINGS Choir and the JFK Parkinson's Support Group.**

**When:** Monday, February 22, 2021 at 4:05 pm (fourth Monday of alternate months)

**Where:** Virtually on ZOOM: <https://hmhn.zoom.us/j/86827890399> Passcode: 383951

#### **Deep Brain Stimulation (DBS) Support Group – To Be Announced**

Based on your feedback, the HMH JFK Parkinson's Patient Advocacy Program (PPAP) will hold bi-monthly DBS Support Group Meetings. Please respond to John Kolaya at [jkolaya@aol.com](mailto:jkolaya@aol.com) with your thoughts on the frequency that you would like the DBS Support Group Meetings to be held.

#### **Parkinson's Disease Seminar – March 9<sup>th</sup> at 11 am**

Join **Dr. Roger Rossi, D.O.**, and learn about the 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.

**When:** Tuesday, March 9, 2021 at 11 am

**Where:** Virtually on ZOOM: [HackensackMeridianHealth.org/Events](https://HackensackMeridianHealth.org/Events) 1-800-560-9990

#### **Rock Steady Boxing (RSB) – Optimal Exercise Delays Symptoms**

Contact **Lauren Karpinski** at [Lauren.Karpinski@hmhn.org](mailto:Lauren.Karpinski@hmhn.org) or call 732-632-1610 to sign up for Rock Steady Boxing, a non-contact exercise program, currently meeting on ZOOM 3 times/wk.

## **What's All This About a Parkinson's Choir? Join us and Find Out!**

Singing is terrific exercise for your vocal chords. **ParkinSINGS** has been performing for nearly two years under the leadership of **Alyson Chananie**, Clinical Consultant and Speech and Language Pathologist at HMH JFK Johnson Rehab. Aly is joined by Musical Director, **Frank Saverino** on Wednesdays along with two dozen amateur vocalists from JFK's Parkinson's Community. Check out **ParkinSing's** previous holiday concert, recorded at the **Count Basie Theatre in Red Bank, NJ featuring the New Jersey Symphonic Orchestra** at <https://www.youtube.com/watch?v=IOExrNg-REw>. NO singing experience or special talents are necessary. Contact Aly Chananie at [Alyson.chananie@hmn.org](mailto:Alyson.chananie@hmn.org) or 732-321-7063 to join!

## **The Aware in Care Kit**

If you have Parkinson's Disease, are you fully prepared for an unexpected trip to the hospital? Most people with Parkinson's do not receive their medications on time when staying in the hospital – leading to unnecessary complications. Save yourself a big headache and order an **AWARE IN CARE KIT** from the Parkinson's Foundation by clicking on: <https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Patient-Safety-Kit/Kit-Contents>. The kit contains forms, fact sheets, meds lists, alerts, and a Hospital Action Plan to keep you safe during your stay.

## **New to Parkinson's? You're Not Alone!**

Were you diagnosed within the past year...or even three years? This life-changing diagnosis may overwhelm you and leave you struggling with what your future will look like. **Learn the five steps** to take control of the things that will help reduce stress and improve your overall well-being by clicking on: <https://www.parkinson.org/5steps>.

## **PD Mentor Program for the Newly Diagnosed**

If you would like to be assigned a **PD Mentor** to personally help you to deal with your disease, or if you are interested in becoming a **PD Mentor** contact John Kolaya at [jkolaya@aol.com](mailto:jkolaya@aol.com).

## **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. Plus, you can check out the Parkinson's Foundation Website at <https://www.parkinson.org>.

## **For more on JFK's Comprehensive Parkinson's Disease Program**, click on:

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

Stay Safe and Keep Moving!

John Kolaya, HMH JFK Parkinson's Patient Advocate

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