



PDU-24 10.24.2021



Hackensack
Meridian Health
JFK Medical Center



Hackensack
Meridian Health
JFK Johnson
Rehabilitation Institute

PDUupdate No. 24

JFK's Parkinson's Newsletter

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

SUPPORT GROUP MEETINGS

NOTE: You may join all our Zoom meetings at

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

Care Partners' Support Group – Tuesday, October 26th at 5:00 pm (Note new date)

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 this coming Tuesday.

SO, BE THERE FOR YOUR PwP, and....

Join us on Tuesday, October 26th at 5:00 pm as we talk about...

The Curve Ball!

Life happens when you least expect it, right? Last week, John ended up in the Emergency Room—and it had nothing to do with PD! His partner Nancy will start off our chat hour and tell us why she dialed 911. And what happened next!

Do you have a story to tell the group? Any challenges you're facing? Any curve balls lately? Bring them and share with us next Monday.

Please attend this meeting. You are very important to us and to your PwP. Let us know how we can help!

Newly-Diagnosed Meeting – Thursday, October 28th at 5:00 pm

For those mentees who were unable to attend last time, please make every attempt to attend the next one. You will find the atmosphere low-key and enlightening, and you will find that **you are not alone with your diagnosis!** There was great conversation about topics that the mentees wanted to know about. Our mentors are a group of determined and inspired people that really keep the conversation going!

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 will 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).

A Parkinson’s Social Event – Thursday, October 28th from 1:30 pm to 3:30 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 Group Dates for 2021 - Mark your calendars!

Newly-diagnosed Meeting (**Every other Thursday at 5:00 pm** except as noted*)

October 28, November 4, November 18, December 2, December 16 December 30

Parkinson's Support Groups (**3rd Monday of every month at 4:05 pm** except as noted*)

November 15 & December 20

Care Partner Support Groups (**4th Monday of Every month at 4:05 pm** except as noted*)

Tuesday, October 26 at 5:00 pm*, November 22, December 27

DBS Support Groups (**4th Monday of Odd months at 4:05 pm** except as noted*)

November 22

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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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