



PDU-27 12.17.2021



Hackensack  
Meridian Health  
JFK Medical Center



Hackensack  
Meridian Health  
JFK Johnson  
Rehabilitation Institute



**The JFK**  
**Parkinson's Advocate**  
— WE WILL NEVER QUIT! —  
Supporting JFK by enhancing the patient experience

www.jfkpdadvocate.com

## ***PDU*Update No. 27**

JFK's Parkinson's Newsletter

Hi to all People with Parkinson's, their Care Partners, Loved Ones, Friends, Co-workers and Others who support the fight against PD.

### **SUPPORT GROUP MEETINGS**

**NOTE:** You may join all our Zoom meetings at

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

**New Website: The JFK Parkinson's Advocate now has its own website. Check it out at [www.jfkpdadvocate.com](http://www.jfkpdadvocate.com).** We hope that this new site will be the “go-to” resource for all People with Parkinson's (PwPs) seeking to learn more about the disease, its symptoms, medications, support groups, and lots more! Please send any comments or feedback about navigation and content, good or bad to [john@jfkpdadvocate.com](mailto:john@jfkpdadvocate.com). We want this site to be YOUR site, and it will be modified until it is responsive to your needs.

### **PwP Support Group Meeting – Monday, December 20<sup>th</sup> at 4:05 pm** **Cognitive Behavioral Therapy**

**Roseanne D. Dobkin, PhD** is an Associate Professor of Psychiatry at Robert Wood Johnson Medical School, Rutgers, The State University of New Jersey.

Join us on Monday, December 20<sup>th</sup> to learn the skills that will empower you to take control of your mood, worry less, and find meaning in daily life. These skills are modeled on a **non-drug therapy called cognitive behavioral therapy**, which has been proven helpful for Parkinson's-related depression. To cope with depression, you can put the skills you'll learn in therapy into action.

**NOTE: This is the link for all SUPPORT GROUP Zoom sessions: To join our sessions, simply click on this link. No password is necessary.**

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

### **Newly Diagnosed/Young Onset Support Group – Thursday, December 23<sup>rd</sup>, January 6<sup>th</sup>, January 20<sup>th</sup>**

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

**Advice for the Newly Diagnosed:** <https://www.parkinson.org/Living-with-Parkinsons/Managing-Parkinsons/Advice-for-the-Newly-Diagnosed>

**Read about Young Onset PD:** <https://www.parkinson.org/Understanding-Parkinsons/What-is-Parkinsons/Young-Onset-Parkinsons>

You may join our Newly Diagnosed/Young Onset group by contacting me ([jkolaya1127@gmail.com](mailto:jkolaya1127@gmail.com)) or Donna([dmastropolo@yahoo.com](mailto:dmastropolo@yahoo.com)).

### **PwP Support Group Meeting – Thursday, January 13<sup>th</sup> at 5:00 pm** **Parkinson’s Medications**

**Philip Hanna, MD, FAAN**, is the director of the Parkinson's Disease and Movement Disorders Center at the Neuroscience Institute at JFK University Medical Center.

Dr. Hanna will discuss the various types of Parkinson’s Medications and their role in your treatment plan. There will be ample time for questions.

## Care Partners Support Group – January 24<sup>th</sup> at 5:00 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. Please attend this meeting. You are very important to us and to your PwP. Let us know how we can help! Learn more about our next Care Partners' Support Group in **PDUpdate No. 27**.

**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>

## Next DBS Support Group Meeting – Monday, January 31<sup>st</sup> at 4:05 pm

Three of our support group regulars, all of whom have undergone DBS (Deep Brain Stimulation) surgery, will lead the discussion. They will comment on the symptoms that each had prior to the procedure, the decision process each went through, the procedure itself, the recovery time, and the improvements in their condition because of undergoing DBS.

## A Parkinson's Social Event – Thursdays from 1:30 pm to 3:00 pm

*Groovin' 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 Spring Lake Heights Municipal Building!

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!

*Groovin' 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, December 20<sup>th</sup> at 4:05 pm - PwP Support Group with Roseanne Dobson, PhD  
Wednesday, December 22<sup>nd</sup> at 3:00 pm – ParkinSINGS with Aly, Jessica, and Frank  
Thursday, December 23<sup>rd</sup> at 1:30 pm – Groovin' with Carol  
Thursday, December 23<sup>rd</sup> at 5:00 pm – Newly-Diagnosed/Young Onset Support Group  
Wednesday, December 29<sup>th</sup> at 3:00 pm – ParkinSiNGS with Aly, Jessica, and Frank

---

Wednesday, January 5<sup>th</sup> at 3:00 pm - ParkinSiNGS with Aly, Jessica, and Frank  
Thursday, January 6<sup>th</sup> at 1:30 pm – Groovin' with Carol (Spring Lake Heights Muni Bldg)  
Thursday, January 6<sup>th</sup> at 5:00 pm – Newly-Diagnosed/Young Onset Support Group with Nahid Wardeh  
Wednesday, January 12<sup>th</sup> at 3:00pm – ParkinSINGS with Aly, Jessica and Frank  
Thursday, January 13<sup>th</sup> at 1:30 pm – Groovin' with Carol (Spring Lake Heights Muni Bldg)  
Thursday, January 13<sup>th</sup> at 5:00 pm – PwP Support Group with Dr. Philip Hanna  
Thursday, January 19<sup>th</sup> at 3:00 pm – ParkinSINGS with Aly, Jessica and Frank  
Thursday, January 20<sup>th</sup> at 1:30 pm – Groovin' with Carol (Spring Lake Heights Muni)  
Thursday, January 20<sup>th</sup> at 5:00 pm – Newly-Diagnosed/Young Onset Support Group  
Monday, January 24<sup>th</sup> at 4:05 pm – Care Partner's Support Group  
Wednesday, January 26<sup>th</sup> at 3:00 pm – ParkinSINGS with Aly, Jessica and Frank  
Thursday, January 27<sup>th</sup> at 1:30 pm – Groovin' with Carol (Spring Lake Hts Muni Bldg)  
Monday, January 31<sup>st</sup> at 4:05 pm – DBS Support Group

The link for all support groups is: <https://us02web.zoom.us/j/2128260907>

Note: Rock Steady Boxing at JFK - on Zoom every Monday, Wednesday, and Friday LOUD CROWD – on Zoom 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.

## JFK's Parkinson's Disease Center

Located in Edison, New Jersey, the JFK Parkinson's Disease Center is comprised of the **JFK Neuroscience Institute and the JFK Johnson Rehabilitation Institute**. Both Institutes are uniquely qualified to offer comprehensive services in a single location and work collaboratively to accurately diagnose PD and to create a care plan for each individual patient.

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

**Did You Know?** People with Parkinson's need to hydrate themselves more frequently than those without PD! <https://www.neurologysolutions.com/parkinsons-disease/dehydration-in-parkinsons-risks-tips-2/>

Stay Safe and *Keep Moving!*

John Kolaya,  
JFK Parkinson's Patient Advocate  
(914) 837-6910  
[jkolaya1127@gmail.com](mailto:jkolaya1127@gmail.com)

***WE WILL NEVER QUIT!***



PDUpdates are distributed as needed to keep HMM JFK clients informed of important information about Parkinson's Disease and HMM 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 intent.