



PDU-21 09.29.2021



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDUUpdate No. 21

JFK's Parkinson's Newsletter

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

MOVING DAY NEW JERSEY IS THIS SATURDAY, OCTOBER 2ND.

Moving Day is your chance to speak up about Parkinson's disease and move others to take action. It is a movement for change—towards more awareness. It is both a grass roots campaign in the fight against Parkinson's and an opportunity to demonstrate to your local and national governments the need to allocate funds toward finding a cure for this dreaded disease that has struck one million people nationwide.

What can you do? It's simple. Register for Moving Day New Jersey and join or form a Team. AND, if you can, come out to the event and join us in person! We'd love to see you all there on the walk, cheering on your team!

Raising funds is also an important part of Moving Day. Your donations will go a long way toward fighting the disease, so do as much as you can - Every little bit helps! At this writing we have what is shaping up to be a 3-way tie between "INTENTIONAL MOVERS," "TEAM COHEN," AND "GARWOOD ROCK STEADY BRUISERS"! No matter whom you support, get behind your favorite team and push to the goal of \$90,000.

CLICK ON THIS LINK TO REGISTER: <https://movingdaywalk.org/event/moving-day-new-jersey/>

Support Group Dates for 2021 - Mark your calendars!

Parkinson's Support Groups (3rd Monday of every month except as noted*)
October 18, November 15 & December 20

Care Partner Support Groups (4th Monday of Even months except as noted*)
October 25, December 27

DBS Support Groups (4th Monday of Odd months)
November 22

Newly-Diagnosed Meetings (Every two weeks) Next Meeting October 7th at 5:00 pm

Newly-Diagnosed Meetings – the last joint ZOOM meeting with the Mentors and Mentees was very well attended with 13 members attending. We will have a follow-up meeting on **Thursday, October 7th at 5:00 pm**. For those mentees who were unable to attend last time, please make every attempt to attend the next one.

You may join our Newly-Diagnosed meetings by contacting myself (jkolaya@aol.com) or Donna (dmastropolo@yahoo.com). You will find the atmosphere low-key and enlightening, and you will definitely find that **you are not alone with your diagnosis!**

NOTE: You may join all of our Zoom meetings at <https://us02web.zoom.us/j/2128260907>

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>

Check us out on Facebook

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

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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