



PDU-20 09.19.2021



Hackensack  
Meridian Health  
JFK Medical Center



Hackensack  
Meridian Health  
JFK Johnson  
Rehabilitation Institute

## ***PDU*Update No. 20**

JFK's Parkinson's Newsletter

### **Next Support Group, Tomorrow, Monday, September 20<sup>th</sup> at 4:05 PM**

Tomorrow's support group will feature **US!** I have asked various people to come to the meeting with a Parkinson's question for the group to respond to. If you were not asked, please don't feel left out. I'm sure that you have a question that you would like to have discussed, so don't be shy...just ask it!

These support group sessions are for your benefit and for the benefit of the Newly-diagnosed PwPs. It is so important that you show up at these forums to derive that benefit and to contribute your voice and your experience to the discussions. **We're all in this together!**  
**May we count on your support?**

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

**Dr. Azmi's lecture on Focused Ultrasound** – Last Monday, Dr. Hooman Azmi, a neurosurgeon from Hackensack University Medical Center, presented on the topic of MRI-Guided Focused Ultrasound, a relatively new procedure to treat tremors of the hand. The presentation and Q&A session was attended by approximately 35 people and the only location in New Jersey that it is offered is at Hackensack University Medical Center. The lecture was not taped, but Dr. Azmi offered that focused ultrasound has very little downside due to its non-invasive process. He said that the ultrasound forms a small lesion that interrupts the tremor, but only after repeated "trial" runs to ensure the accuracy of the process. Dr. Azmi further stated that the procedure works after just one treatment. Dr. Azmi may be reached for a consultation at the New Jersey Brain and Spine Institute in Oradell, New Jersey at (201) 342-2550; [hazmi@njspine.com](mailto:hazmi@njspine.com); [Hooman.azmi@hmn.org](mailto:Hooman.azmi@hmn.org).

For more about Dr. Azmi and focused ultrasound, click on:

<https://www.hackensackmeridianhealth.org/services/neurology/offering-a-complete-lineup-of-neuroscience-services/>

## ***Support Group Dates for 2021 - Mark your calendars!***

Parkinson's Support Groups (3<sup>rd</sup> Monday of every month except as noted\*)

**September 20**, October 18, November 15 & December 20

Care Partner Support Groups (4<sup>th</sup> Monday of Even months except as noted\*)

October 25, December 27

DBS Support Groups (4<sup>th</sup> Monday of Odd months)

**September 27**, November 22

Newly-Diagnosed Meetings (TBA) Next Meeting **September 23<sup>rd</sup>** at 5:00 pm

**Newly-Diagnosed News** – the last joint ZOOM meeting with the Mentors and Mentees was very well attended with 14 members attending. We will have a follow-up meeting on **Thursday, September 23<sup>rd</sup> 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 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>

### **Moving Day New Jersey is on Saturday, October 2, 2021**

Moving Day is almost here! Let's finish out with some serious fundraising for our first in-person post-COVID event! Everyone has the ability to form a team with friends, teams, clubs, and organizations OR, you may join an existing team. So far, we have raised just over \$46,000 toward our goal of \$90,000 (and my personal goal of \$100,000!) There is only two weeks to go. **Let's get to work!**

<https://movingdaywalk.org/event/moving-day-new-jersey/>

### **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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