



PDU-26 11.27.2021



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. 26**

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>

Next DBS Support Group Meeting – Monday, November 29th 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.

Next PwP Support Group Meeting – Thursday, December 2nd at 2:00 pm

Dr. Roger Rossi, D.O., will present his lecture on the inter-relationship of ***Mind, Mood, and Movement***. This lecture covers topics that many of you have been asking about. Note that the time for Dr. Rossi's lecture has been set at **2:00 pm**. If you have been wondering what has kept Dr. Rossi so busy during the past year, he has been selected by HMH as the new Medical Director, Acute Rehabilitation Unit at St. Joseph's Wayne Medical Center in Wayne, NJ, as part of a clinical and strategic partnership with HMH to enhance services at St. Joe's. Dr. Rossi still sees patients at JRI on Fridays. READ MORE HERE: <https://www.hackensackmeridianhealth.org/press-releases/2021/11/02/st-josephs-health-and-hackensack-meridian-health-affiliation-brings-advanced-rehabilitation-care-to-northern-new-jersey/>

Newly Diagnosed/Young Onset Meeting – Thursday, December 9th at 5:00 pm and Thursday, December 23rd at 5:00 pm

A New Feature

If we're going to cover all the bases, we need to include the **Young Onset Parkinson's community** somewhere. It's surprising how many PwPs were diagnosed under the age of 50. How many you ask? According to the Parkinson's Foundation, **Young Onset affects 4% of the approximately 1 million Parkinson's patients or 40,000 people in the United States alone.** We will include the Young Onset PwPs with our Newly Diagnosed PwPs.

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) or Donna(dmastropolo@yahoo.com).

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

PwP Support Group Meeting – Monday, December 20th at 4:05 pm

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 20th 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.

Next Care Partners Support Group coming in January

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\](https://www.parkinson.org/blog/caregiver-corner/top-caregiver-resources)

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 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!

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, November 29th at 4:05 pm – DBS Support Group
Wednesday, December 1st at 3:00 pm – ParkinSINGS with Aly, Jessica, and Frank
Thursday, December 2nd at 1:30 pm – Groovin' with Carol
Thursday, December 2nd at 2:00 pm – PwP Support Group with Dr. Roger Rossi
Wednesday, December 8th at 3:00 pm – ParkinSINGS with Aly, Jessica, and Frank
Thursday, December 9th at 1:30 pm – Groovin' with Carol
Thursday, December 9th at 5:00 pm – Newly-Diagnosed/Young Onset Support Group
Wednesday, December 15th at 3:00 pm – ParkinSINGS with Aly, Jessica, and Frank
Thursday, December 16th at 1:30 pm – Groovin' with Carol
Monday, December 20th at 4:05 pm - PwP Support Group with Roseanne Dobson, PhD
Wednesday, December 22nd at 3:00 pm – ParkinSINGS with Aly, Jessica, and Frank
Thursday, December 23rd at 1:30 pm – Groovin' with Carol
Thursday, December 23rd at 5:00 pm – Newly-Diagnosed/Young Onset Support Group

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/>

Our New Website

The JFK Parkinson's Advocate is just about ready to Go-Live!

Parkinson's disease is one of the most complicated of all known diseases. It is hoped that this website will make it more convenient for those who feel alone and afraid with their diagnosis to understand that they have the support of many people like themselves who will help them to get through life with hope and fellowship. The website is intended to support all aspects of the **Hackensack Meridian Health Network** by supplementing the ongoing efforts of its physicians, clinicians, and patient advocates and by providing a convenient resource for all People with Parkinson's disease and those who care about them. **The link will be emailed next week!**

Did You Know? People with Parkinson's need to hydrate themselves more frequently than those without PD!

People with PD drink half as much fluids as people without due to the lack of thirst sensation, medication side effects and trouble swallowing. Medication and the effects of PD can contribute to a loss of interest in food and drink.

<https://www.neurologysolutions.com/parkinsons-disease/dehydration-in-parkinsons-risks-tips-2/>

Stay Safe and *Keep Moving!*

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