



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDU-10 02.22.2021

PUpdate No. 10

JFK's Parkinson's Newsletter

Care Partners Support Group – Monday, February 22nd at 4:05 pm

Dr. Gina Danner, a Rehabilitation Psychologist at JFK Johnson Rehabilitation Institute (JRI), will be conducting a seminar entitled **“Taking Care of Ourselves So We Can Take Care of Others.”** This seminar will be co-sponsored by the JFK Speech and Audiology Department’s ***ParkinSINGS Choir and the JFK Parkinson’s Support Group.***

This seminar is all about wellness and self-care for **caregivers, care partners and loved ones** of members of our large Parkinson’s community.

When: Monday, February 22, 2021 at 4:05 pm (fourth Monday of **alternate** months)

Where: Virtually on ZOOM: <https://hmhn.zoom.us/j/86827890399>

Meeting ID: 868 2789 0399 Passcode: 383951

A big thanks goes out to PD Volunteers **Fran McCourt** and **Penny Chong**, Care Partner Facilitators, for their assistance in running the group.

Next Parkinson’s Support Group – Monday, March 15th at 4:05 pm

Topic: The Importance of Speech Therapy for People Living with Parkinson’s Disease

Speaker: Alyson Chananie, MS, CCC-SLP at HMH JFK Johnson Rehab Institute

A big thanks goes out to PD Volunteers **Ed Rodrigo** and **Daniel Grynberg**, Support Group Facilitators.

Deep Brain Stimulation (DBS) Support Group – coming next month!

The HMH JFK Parkinson’s Patient Advocacy Program (PPAP) will hold bi-monthly DBS Support Group Meetings. The first DBS Support Group will be held on **Monday, March 22nd** at 4:05 pm. Don’t miss this one if you think you’re thinking about DBS surgery or if you have had DBS!

Parkinson’s Disease Seminar – Tuesday, March 9th at 11 am

Join **Dr. Roger Rossi, D.O.**, and learn about **current advances in the treatment and management of Parkinson’s Disease.** Dr. Rossi is the Director of the Comprehensive Parkinson’s Disease Program at HMH JFK.

When: Tuesday, March 9, 2021 at 11 am

Where: Virtually on ZOOM: HackensackMeridianHealth.org/Events Telephone 1-800-560-9990

Rock Steady Boxing (RSB) – An Optimal Exercise that Delays Symptoms

Contact **Lauren Karpinski** at Lauren.Karpinski@hmhn.org or call 732-632-1610 to sign up for Rock Steady Boxing, a non-contact exercise program, currently meeting on ZOOM 3 times/wk.

What's All This About a Parkinson's Choir? Join us and Find Out!

Singing is terrific exercise for your vocal chords. **ParkinSINGS** has been performing for nearly two years under the leadership of **Alyson Chananie**, Clinical Consultant and Speech and Language Pathologist at HMH JFK Johnson Rehab. Aly is joined by Musical Director, **Frank Saverino** on Wednesdays along with two dozen amateur vocalists from JFK's Parkinson's Community. Check out **ParkinSINGS'** previous holiday concert, recorded at the **Count Basie Theatre in Red Bank, NJ featuring the New Jersey Symphonic Orchestra** at <https://www.youtube.com/watch?v=IOExrNg-REw>. NO singing experience or special talents are necessary. Contact Aly Chananie at Alyson.chananie@hmn.org or 732-321-7063 to join!

The next ParkinSINGS virtual concert will be on Wednesday, April 7th at 6:00 PM

The Aware in Care Kit

If you have Parkinson's Disease, are you fully prepared for an unexpected trip to the hospital? Most people with Parkinson's do not receive their medications on time when staying in the hospital – leading to unnecessary complications. Save yourself a big headache and order an **AWARE IN CARE KIT** from the Parkinson's Foundation by clicking on: <https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Patient-Safety-Kit/Kit-Contents>. The kit contains forms, fact sheets, meds lists, alerts, and a Hospital Action Plan to keep you safe during your stay.

New to Parkinson's? You're Not Alone!

Were you diagnosed within the past year...or even three years? This life-changing diagnosis may overwhelm you and leave you struggling with what your future will look like. **Learn the five steps** to take control of the things that will help reduce stress and improve your overall well-being by clicking on: <https://www.parkinson.org/5steps>.

PD Mentor Program for the Newly Diagnosed

If you would like to be assigned a **PD Mentor** to personally help you to deal with your disease, or if you are interested in becoming a **PD Mentor** contact PD Volunteers **Daniel Grynberg** at grynberg.daniel@gmail.com or **Donna Mastropolo** at dmastropolo@yahoo.com.

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>.

For more on JFK's Comprehensive Parkinson's Disease Program, click on:

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

Stay Safe and Keep Moving!

John Kolaya, HMH JFK Parkinson's Patient Advocate

(914) 837-6910 jkolaya@aol.com

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