



PDU-23 10.19.2021



Hackensack  
Meridian Health  
JFK Medical Center



Hackensack  
Meridian Health  
JFK Johnson  
Rehabilitation Institute

## ***PDU*Update No. 23**

JFK's Parkinson's Newsletter

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

### **SUPPORT GROUP MEETINGS**

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

**Newly-Diagnosed Meeting** – This Thursday, October 21<sup>th</sup> at 5:00 pm

The last joint ZOOM meeting with the Mentors and Mentees was very well attended with 12 members attending. 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!** There was great conversation about topics that the mentees wanted to know about.

You may join our Newly-Diagnosed group by contacting myself ([ikolaya@aol.com](mailto:ikolaya@aol.com)) or Donna ([dmastropolo@yahoo.com](mailto:dmastropolo@yahoo.com)).

**Care Partners' Support Group** – Next Monday, October 25<sup>th</sup> at 4:05 pm

Reflecting the 'unfortunate' growth of our Parkinson's community, a number of new Care Partners have inquired about the Care Partners' Support group. As with the PwP Support group, we will have an open discussion as opposed to a guest lecturer. More importantly, please attend this meeting. You are very important to us and to your PwP. Let us know how we can help!

**LAST MINUTE ADDITIONS:** This information was just received today but it's not too late to join in!

**DBS Support Group Lecture** – Tomorrow, Wednesday, October 20 from 6:30 pm to 8:30 pm, there is a virtual presentation and Q&A about DBS. This event is sponsored by Jersey Shore University Medical Center. If you are interested, please see the link to the flyer:

<http://events.hackensackmeridianhealth.org/dbs2021>

Thanks for the heads up goes out to Matt Busacca of Busacca Fitness in Point Pleasant, NJ

**AND, A Parkinson's Social Event** – Thursday, October 21 from 1:30 pm to 3:30 pm

***Grooving on a Thursday Afternoon!***

***for People with Parkinson's***

***A free social activity with gentle movement and speech exercises. Bring your significant other!***

Starting this Thursday, October 21 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!

*Grooving on a Thursday Afternoon* is sponsored by Cornerstone Speech, 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'*

Carol Krakower, M.A. CCC-SLP

**Cornerstone Speech and Language**

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

Newly diagnosed Meeting (**Every other Thursday at 5:00 pm**)

October 21, November 4, November 18, December 2, December 16 December 30

Parkinson's Support Groups (**3<sup>rd</sup> Monday of every month at 4:05 pm** except as noted\*)

November 15 & December 20

Care Partner Support Groups (**4<sup>th</sup> Monday of Every month at 4:05 pm** except as noted\*)

October 25, November 22, December 27

DBS Support Groups (**4<sup>th</sup> Monday of Odd months** at 4:05 pm except as noted\*)

November 22

Newly-Diagnosed Meetings (Every other Thursday at 5:00 pm)

October 7,

**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>

### **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.

## **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.

Stay Safe and *Keep Moving!*

John Kolaya,

JFK Parkinson's Patient Advocate

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## ***WE WILL NEVER QUIT!***

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