



Hackensack
Meridian Health
JFK Medical Center



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Meridian Health
JFK Johnson
Rehabilitation Institute

PDU-22 10.06.2021

PDUUpdate No. 22

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 – A HUGE SUCCESS!

A Note from Nahid Wardeh, Regional Development Manager, the Parkinson's Foundation

THANK YOU for joining us at Moving Day New Jersey. We hope you had fun moving for Parkinson's. Moving Day New Jersey was a tremendous success thanks to the hundreds of supporters in our community who are committed to doing whatever it takes to beat Parkinson's.

If you were not able to join us, we missed you! There is still time to move virtually with people around the country who are moved by the Parkinson's Foundation mission to make life better for people living with Parkinson's disease. To learn more about Moving Day @ Home, click [here](#).

SPECIAL THANKS

We greatly appreciate the hard work and dedication of the many volunteers who gave us their time, energy and talent. They were a fundamental part of the success of this year's event. Thank you to our local and national sponsors for their important work and generous support. Click [here](#) to learn how they help the Parkinson's community.

WE'D LOVE YOUR FEEDBACK

We want to make next year's Moving Day even better. Tell us how. Take our Moving Day survey [here](#)!

SHOW US HOW YOU MOVED

We want to see your Moving Day photos. Share your event photos on your favorite social media channels using the hashtag #Move4PD and tag @ParkinsonDotOrg.

Thank you for the incredible support and your commitment to making life better for people living with Parkinson's and their loved ones. Nothing has, and nothing will stop us from showing the one million people living with Parkinson's that **We Care. We Fight. We Move.**

We can't wait to move with you in 2022!

With gratitude,

Nahid Wardeh
Parkinson's Foundation

P.S. We are still accepting donations on our Moving Day [website](#). If you have outstanding check donations, please use the mobile check deposit feature in the Parkinson's Moving Day app, or you can send them to the address below:

Parkinson's Foundation
ATTN: Moving Day New Jersey
200 SE 1st Street, Suite 800
Miami, FL 33131

In turn, we would like to thank Nahid for her tireless efforts, especially on the weeks preceding Moving Day and during the few days leading up to the event. Her organized efforts were a testament to her leadership abilities. She actually made it look like Moving Day just appeared out of nowhere – when most of her committee knew that it couldn't have gone so well without her! KUDOS for a job well done!

As of this writing, the total funds raised for the Parkinson's Foundation are \$105,000 against a Goal of \$90,000. Why am I not surprised? It was a great day!

SUPPORT GROUP MEETINGS

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

Newly-Diagnosed Meeting – This Thursday (tomorrow), October 7th at 5:00 pm

The last joint ZOOM meeting with the Mentors and Mentees was very well attended with 13 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 (jkolaya@aol.com) or Donna (dmastropolo@yahoo.com).

PwP (People with Parkinson's) Support Group – Tuesday, October 12th at 5:00 pm

The last meeting was one of the best attended meeting we had with approximately 30 in attendance. I believe the key was in the meeting preparation. Some PwPs were asked to send in at least one question or topic that they wanted to have discussed. We got to a few of them and everyone really got into the conversation. So... Let's do this again! But this time anyone may send in a question or topic. Send it to John Kolaya (jkolaya@aol.com). You don't even have to speak about your topic at the meeting – Just send it in! I would remind you that Newly-Diagnosed Mentees are encouraged to attend this meeting as well!

Care Partner's Support Group – Thursday, October 14th at 5:00 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. So, Care Partners, please send at least one question or topic in to John Kolaya (jkolaya@aol.com). More importantly, please attend this meeting. You are very important to us and to your PwP. Let us know how we can help!

Support Group Dates for 2021 - Mark your calendars!

Parkinson's Support Groups (3rd Monday of every month at 4:05 pm except as noted*)
October 12* at 5:00 pm, November 15 & December 20

Care Partner Support Groups (4th Monday of Even months at 4:05 pm except as noted*)
October 14* at 5:00 pm, December 27

DBS Support Groups (4th 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, October 21, November 4, November 18, December 2, December 16 December 30

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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