

PD Update

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PARKINSON'S DISEASE

Reasons

- heredity
- head injuries
- age

Treatment

Take your meds on time every time!

Men suffer from Parkinson's disease more often than women

Parkinson's disease affects about 4 million people worldwide

Prevention

- physical exercise
- walks in the open air
- no smoking
- no alcohol

Symptoms

- hand shake
- speech impairment
- impaired body coordination
- chronic fatigue
- small steps
- constipation and urination problems

Parkinson's affects everyone differently. There are literally more than 100 symptoms or variations of the same symptom, making it very difficult to track down the cause!

Welcome to the JFK Parkinson's Advocate Website, www.jfkpdadvocate.com. Please visit our new website for all your immediate Parkinson's needs. The website is rich in information about PD. We hope that it will soon become your "go-to" resource for PD-related news, support group meetings, research, articles and basic information related to Parkinson's disease.

Get the latest Parkinson's News from HMH & JFK University Medical Center. PDUupdates will be e-mailed to you. All you need to do is go to the Homepage at www.jfkpdadvocate.com, scroll down to our Newsletter and fill out the form.



INSIDE THIS MONTH'S ISSUE:

Local Support Groups | Announcements | Advances in PD | Ping Pong Therapy for PD Patients

Hello Everyone,

Here are just some of the many Parkinson's Support Groups and activities that are available to you **free of charge** in New Jersey...

Thursday, January 5th at 5:00 pm - Pat and Wilson's Newly Diagnosed Support Group - The Holidays, A look back at challenges in 2022 and a look forward to 2023 resolutions

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

Monday, January 9th at 1:30 pm - Nahid Wardeh of the Parkinson's Foundation will present at the Westfield/Madison Support Group. Please RSVP to Barbara Ring's email at barbringk@gmail.com, if you plan to attend in person to make sure there are sufficient chairs and refreshments. The meeting will be held in the Parish House Lounge of the Presbyterian Church, 140 Mountain Ave, Westfield. from 1:30-3:00 PM Our speaker will be Nahid Werdah, Development Manager, Parkinson Foundation, New York-New Jersey Chapter. She will discuss basic information about PD, resources available from the Foundation, and an overview of recent Foundation-supported research. Light refreshments will be served. People with Parkinson's disease and/or their caregivers are most welcome. You can also join the Zoom: <https://pmdalliance.zoom.us/j/177843897>

Meeting ID: 177 843 897 Password: 371546

Tuesday, January 10th at 7:00 pm - Young Onset Parkinson's Network - improvisation and storytelling: Its funny how much this can help!

Thursday, January 12th at 1:30 pm - Nicole's Rockin' chair exercises (in person at Wall Municipal Bldg basement level)

Wednesday, January 18th at 12:00 pm - Please join us for an engaging and informative symposium on the Advances in Parkinson's Disease Treatment. SYMPOSIUM - RECENT ADVANCES IN RECENT ADVANCES IN PARKINSON'S



DISEASE TREATMENT JANUARY 18th

1 PM TO 2:30 PM - Hear from a panel of leading professionals on the psychological and psychiatric effects – speech, language and cognitive manifestations – and new options and interventions available to patients.

Wednesday, January 18th at noon - DBS Webinar, Join Vanessa C. Milano, MD, neurosurgeon at JFK UMC to learn about Deep Brain Stimulation for PD and Essential Tremor (see attached flier)

Wednesday, January 18th at 1:00 pm - Laura Jolley's Support Group (Ocean University Medical Center)

Wednesday, January 18th at 3:00 pm - Virtual ParkinSINGS with Aly and Frank - Rehearsal and Planning for the Spring Concert Zoom <https://hmhn.zoom.us/j/84463211802>

Thursday, January 19th at 1:30 pm - Cruisin with Carol - Speech exercises and amusements (in person at Wall Municipal Bldg basement level)

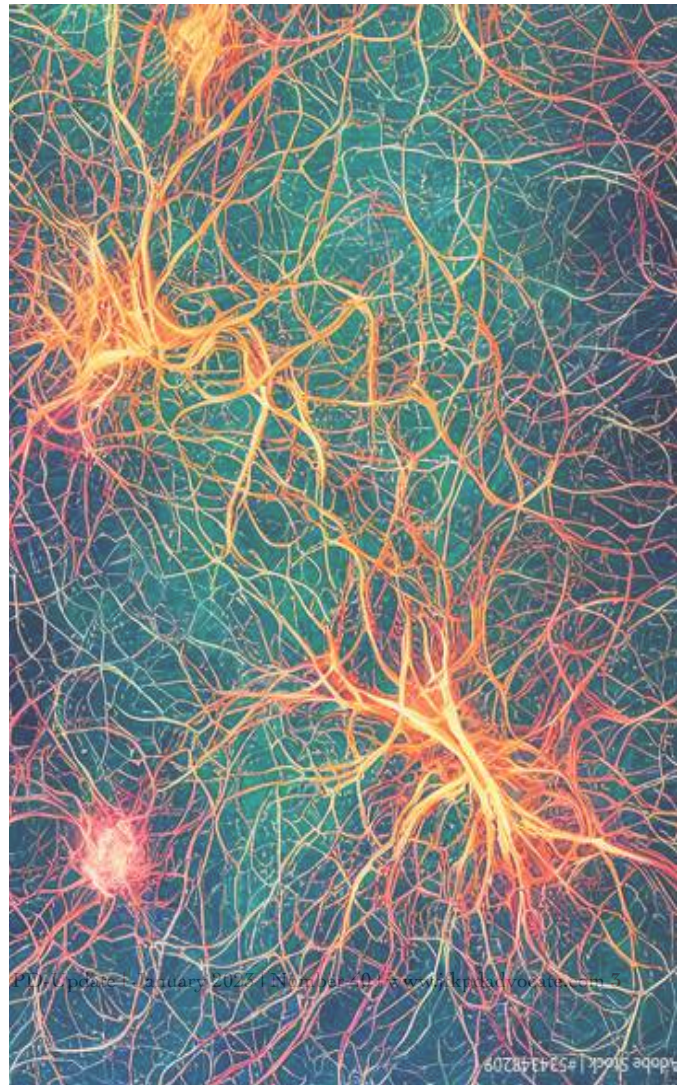
Thursday, January 19th at 5:00 pm - Pat and Wilson's Newly Diagnosed Support Group - Exercise is Medicine, a Physical Therapist from JRI will join Lauren Karpinski, JFK's Exercise Physiologist
Zoom <https://us02web.zoom.us/j/2128260907>

Tuesday, January 24th at 7:00 pm - Young Onset Parkinson's Network (YOPN) Monthly Community Gathering

Wednesday, January 25th at 3:00 pm - Virtual ParkinSINGS with Aly and Frank - Rehearsal for the Spring Concert
Zoom: <https://hmhn.zoom.us/j/84463211802>

(Calendar continues on page 4)

LOUD CROWD - Every Monday from 11:00 am to 12:00 pm and Every Thursday from 11:00 am to 12pm (You must have completed SPEAK OUT THERAPY to participate.)



PING PONG FOR PEOPLE WITH PARKINSON'S

This PD therapy helps body and soul! If anyone is interested in joining a Ping Pong League, we will be starting one up at The Brielle Sports Club within the month. Please contact John Kolaya (John@jfkpdadvocate.com) See the news clip by Dr. Elana Clar of Hackensack Meridian Health



Announcements

Advances in Parkinson's Disease Treatment

Patient &
Care Partner
Symposium 2023

Join Us

Please join us for an engaging and informative symposium on the Advances in Parkinson's Disease Treatment. Our team of experts will share insights on new research as well as new approaches to evaluating and treating the disease. Hear from a panel of leading professionals on the psychological and psychiatric effects – speech, language and cognitive manifestations – and new options and interventions available to patients.

Attend the Session

In-Person or by Video Conference:

Wednesday, January 18, 2023

11:30 - 2:30

St. Joseph's Wayne Medical Center, Meyer Conference Room
224 Hamburg Turnpike, Wayne, New Jersey

Virtual Attendance: Join from the meeting link

<https://sjhmc.webex.com/sjhmc/j.php?MTID=m41150f7ab47f17f637de109c2ea89175>

Meeting number (access code): 2308 575 6457

Meeting password: 0118

The event is free.

RSVP to Melissa Luna, 973-389-5146;

lunam@sjhmc.org or community_outreach@sjhmc.org

To thank our in-person attendees for their participation, we will be having giveaways at the conclusion of the event. Please make sure you receive a number as you register.



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Hackensack Meridian
Johnson Rehabilitation Institute

ANNOUNCING

The PD Solo Network:

Living Alone While Living with PD

What is the PD Solo Network?

A **virtual** community for individuals with Parkinson's disease who **live alone**.

The purpose of this network is to build a virtual community of support & information for those who know what it's like to live solo while also living with Parkinson's. Living solo doesn't mean being lonely or isolated.

The network will be launched with the support of the Parkinson's Foundation but will transition to a self-run group or network.

The PD Solo Network begins on:

Wednesday, February 1, 2023

Choose either: 1:00pm ET or 7:30pm ET

What do you need to participate?

Access to the internet to join Zoom meetings. A phone, tablet, laptop, or computer will work.

There is no fee to participate. The Zoom link will be provided upon registration.

Learn More and Register at:

[Parkinson.org/PDSolo](https://www.parkinson.org/PDSolo)

or call Nancy (585) 743-1266





Moving Day Interactive Painting Unveiled At JRI

The large Paint-by-Number mural that was a focus of Moving Day New Jersey's event on October 8th was unveiled at a ceremony on December 2nd before an anxious crowd of onlookers including Anthony Cuzzola, VP of Rehabilitation, Dr. Sara Cucurullo, Medical Chair of JFK Johnson Rehab, and Nahid Wardeh of the Parkinson's Foundation. The Interactive Painting was mounted in the corridor of JRI's Physical Medicine and Rehabilitation lobby to recognize those fighting Parkinson's Disease and their supporters. The concept and original artwork was designed by Michalyn Kolaya Monson and her husband Joseph Monson to honor her uncle John Kolaya. **STAY SAFE AND KEEP MOVING!!**



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We Will Never Quit!!



The JFK
Parkinson's Advocate
WE WILL NEVER QUIT!
Supporting JFK by enhancing the patient experience

John Kolaya
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Patient Advocate
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MEET OUR EXPERT

VANESSA C. MILANO, M.D., is a board-eligible neurosurgeon with fellowship training in stereotactic and functional neurosurgery. Dr. Milano specializes in the treatment of epilepsy and movement disorders such as essential tremor, Parkinson's disease and dystonia. Her passion, expert training, and access to HMH's world-class physician network allow her to provide excellent care to her patients.

KEEP GETTING BETTER

FREE WEBINAR

DEEP BRAIN STIMULATION

SURGERY FOR PARKINSON'S
DISEASE & ESSENTIAL TREMORS

WEDNESDAY, January 18, 2023
12:00 - 1:00 p.m.

Patients and caregivers are encouraged to join **Vanessa C. Milano, M.D.**, neurosurgeon at JFK University Medical Center, to learn about Deep Brain Stimulation for Parkinson's Disease and Essential Tremor. Dr. Milano will provide educational information regarding the procedure as a potential treatment option with an interactive question and answer session.

REGISTER ONLINE TODAY

You will receive a web meeting link via email upon registration.



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