

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 meeting via Zoom if you are not able to attend in person. Join on your computer, laptop, or iPad:

(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: it's funny how much this can help!

Wednesday, January 11th 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 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 - Dr. Roger Rossi's Gait Research Opportunity - Orthotics seminar and fitting (St. Joseph's Medical Center in Wayne, NJ)

Roger Rossi, D.O., and two of his colleagues are looking at wearable technologies and orthotic sensors to assess various elements of Gait in individuals with Parkinson's disease and Parkinsonisms. They are collecting data which entails inserting foot orthotics in an individual's shoes and allowing them to walk for 50-100 feet or so to record various parameters of gait such as weight shift, stride length, velocity, loading, single and double stance, as well as various asymmetries in the gait cycle, etc.

If anyone is interested in participating in this IRB-approved research study, there will be a patient forum at Saint Joseph's Wayne Medical Center (234 Hamburg Turnpike, Wayne, NJ) on Wednesday, January 18, 2023, at noontime where they can proceed with data collection. [See attached PETAL Brochure](#)

Wednesday, January 18th at 1:00 pm - Laura Jelley'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>)

Thursday, January 26th at 1:30 pm - Cruisin with Carol - Speech exercises and amusements (in person at Wall Municipal Bldg basement level)

Monday, February 6th at 4:00 PM - Combined Parkinson's, Carepartners, Young Onset, DBS, and Newly Diagnosed Support Group - *PARKINSON'S ACROSS AMERICA. MORE TO FOLLOW!!*

ANNOUNCEMENTS:

- **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 <https://www.cbsnews.com/live/video/20230105135344-how-ping-pong-is-helping-people-suffering-from-parkinsons-disease/>

Stay Safe and Keep Moving!

John Kolaya

Parkinson's Patient Advocate

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