

August, 2021

When preparing this month's newsletter, I came across a wonderful problem. There were so many support groups meeting that it was hard to list them all. Isn't that a great problem to have? So many people have no access to groups. We are fortunate in Orange County to have so many people volunteer to step up and be leaders. I always say that Parkinson's is a disease that shouldn't be faced alone and that we are better together. Check out one of our local support groups. If it doesn't fit your needs, try another one. If that one doesn't work for you, try another. Every group is different. The [Parkinson and Movement Disorder Alliance](#) also has many groups happening online. [Check out their programs here.](#)

Thank you for joining me in the pursuit of wellness.

Lauren Simmons

August Support Groups

- Aug. 2nd Fullerton Support Group**
Meeting in person
- Aug. 2nd South OC Care Partner Support Group**
Meeting virtually
- Aug. 5th South OC Support Group**
Meeting virtually
- Aug. 11th Saddleback Church Support Group**
Meeting virtually
- Aug. 13th Korean Americans Parkinson's Support Network**
Meeting in person - Fullerton
- Aug. 16th Capriana Warriors Support Group**
Meeting in person - Brea
- Aug. 16th South OC Care Partner Support Group**
Meeting virtually
- Aug. 19th Fullerton Care Partner Support Group**
Meeting in person
- Aug. 30th South OC Care Partner Support Group**
Meeting virtually

[Click here to see full calendar and get more details on support groups.](#)

Surround yourself with people who get it.

Hey OC Parkinson's friends- It's time to get together for a Parkinson's Hang Out

Are your PD groups still meeting virtually? Do you miss seeing your friends? Your friends miss you too!

Grab a snack or a coffee on your way and meet us at the Murray Center in Mission Viejo. We will be hanging out on the back patio. This is not a support group meeting, just an informal time to visit with each other. Care partners and newcomers are welcome to join us.

Saturday August 7th 9:30 am

21932 Veteran's Way Mission Viejo

Surround yourself with people who get it.

pdbuzz

Parkinson's Got My Voice Can I Get It Back Now?

by Peter Whyte



I have achieved a reasonable measure of success in my 40 plus years of business. I co-founded seven companies. I even started and sold a business in 18 months, and that was 6 years after my Parkinson's diagnosis. As a business start-up guy I was always raising capital to start, operate, grow or buy a company. I was always talking up a storm to one or more investors somewhere.

I learned a few lessons about pitching ideas, and one of them is to think of a voice as if it was a musical instrument. Pace or velocity changes, volume control, pitch and even "timber" of one's voice, the softness or coarseness that comes from the throat, can change the listener's receptivity and willingness to listen longer and comprehend more.

I was diagnosed with Parkinson's in 2006. I had a DBS (deep brain stimulator) installed in 2010. My speech articulation was perfect in 2010, pre DBS. My symptoms improved marginally with a DBS installed, but I soon ... [continue reading](#)

PARKINSON'S VOICE PROJECT

Has Parkinson's got your voice?
Learn what you can do about it.

Join the South OC Support Group
in welcoming
Samantha Elandary
from
The Parkinson's Voice Project

August 5th 4:00 Pacific Time

All are welcome to join this virtual meeting on zoom.
Visit [socpsg.com](#) for the zoom link

Sage Bennett

As the body changes, what is left is soul.

Something Takes Over

by Sage Bennett

I love boxing. The smell of leather gloves, the pitter patter rhythm of the speed bag, learning the names of punches—Jab, Cross, Hook, Uppercut—all connect me with something familiar, yet elusive. Where does this joy come from, I wonder?

Memory transports me to childhood and I am a tomboy growing up in Brooklyn. Life is grand—playing stickball, running bases, boxing—until Norman moves in. He is twelve, straight red hair and freckles. I am nine, short and wide, with curls I try to flatten every morning with brush and water. One day we are choosing sides for stickball.

Norman looks down at me and snarls: "I'm not playing with a girl." Then he swats me away like I'm an insignificant bug.

I step towards him and try to look menacing. It does not work well; he towers over me.

[continue reading](#)

ALL IN FOR PARKINSON'S

2ND ANNUAL VIRTUAL CHARITY TEXAS HOLD'EM POKER TOURNAMENT

\$100 BUY IN

PRIZES FOR TOP 3 FINISHERS

THURS 8.5.21

5PM PT 8PM ET

REGISTER AT: [PARKINSONSWELLNESSFUND.ORG](#)

SPONSORED BY:

It's that time of year - All in for Parkinson's is back on August 5th. While we're looking so forward to being back in person at future events, this one is virtual.

Individuals living with Parkinson's need our collective support more than ever.

Thank you for stepping up and lending a helping hand to those who need it most.

Show your cards - get involved and let's go all in! [Click here](#) to register.

Events

[VISIT OUR CALENDAR](#)

We are fortunate in Orange County to have many support groups, social groups and events.

Stay up to date and stay connected.

Many thanks to the

Parkinson's Foundation

The Parkinson's Foundation has announced the recipients of its 2021 Community Grants.

Congratulations to the Orange County grant recipients

Give for a Smile

Orange Coast Memorial

Rogue PT & Wellness

UCI Parkinson's Wellness Program

OC Tremble Clefs

PD Buzz

Rx Ballroom Dance

[Click here for a full list of recipients](#)

We are people with Parkinson's helping people with Parkinson's



We are honored to be partnering with the Parkinson's Wellness Fund. Your support will help improve the lives of individuals living with Parkinson's, today.

The Meyrow Foundation d.b.a. The Parkinson's Wellness Fund is a CA non-profit tax exempt 501(c3) EIN #27-1196792

[Donate Here](#)

Check us out on instagram