

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 **Fullerton Support Group** Aug. 2nd Meeting in person Aug. 2nd South OC Care Partner Support Group Meeting virtually South OC Support Group Aug. 5th 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.



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.

August 7th 9:30 am

24932 Veteran's Way Mission Viejo

Gurround yourself with people who get it. _____ pdbuzz ____

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



by Peter Whyte

Saturday

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, operatec, 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**





Dejourns

As the body changes, what is left is soul.

continue reading

Something Takes Over by Sage Bennet 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.



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.



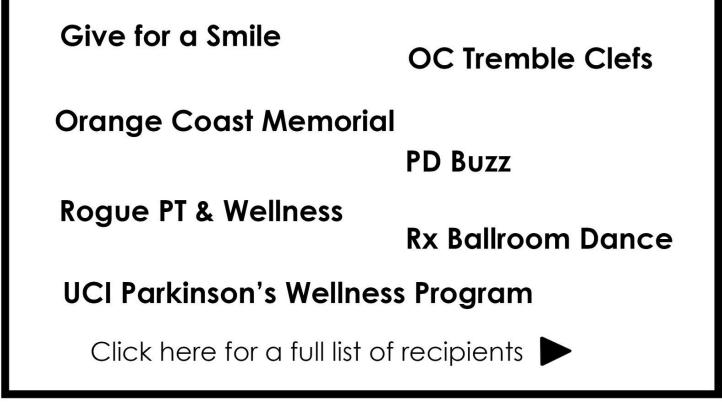
We are fortunate in Orange County to have many support groups, social groups and events. Stay up to date and stay connected.

VISIT OUR CALENDAR

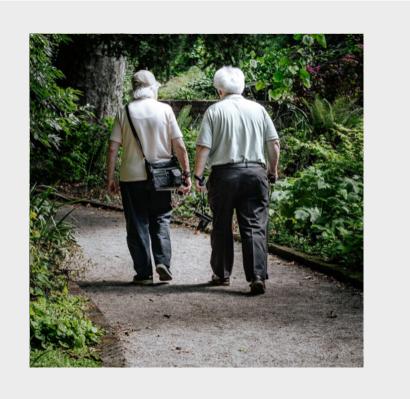


The Parkinson's Foundation has announced the recipients of its 2021 Community Grants.

Congratulations to the Orange County grant 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 50lc3 EIN #27-1196792

<u>Donate Here</u>

Check us out on instagram

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