

August, 2022

Breaking News

Congress Introduces the National Plan to End Parkinson's Act

From the Michael J. Fox Foundation:

"On Thursday, July 28, the U.S. House of Representatives introduced the first-ever legislation solely devoted to ending Parkinson's disease. This is a historic moment for the Parkinson's community!"

[Click for details](#) ▶



Don't go it alone...

Together is
a wonderful place
to be.

[CLICK TO FIND A
SUPPORT GROUP
MEETING THIS MONTH](#)

Facing a Parkinson's diagnosis alone is difficult for the person getting the diagnosis and for their family members. Whether you are newly diagnosed, have had PD for years, young onset, a care partner, or speak another language, there is a place for you. [Check out the support groups happening this month in OC.](#)

Gratitude, Grounding and the Grit of Living for Now

Lunch with Docs® Livestream



Monday, August 1st at 1:00 pm PDT
Livestream Online via ZOOM

with: **Mindy Bixby, DO**

Science has clinically proven that practicing gratitude improves all aspects of your wellbeing: mind, body, and spirit.

In this uplifting talk from movement disorders specialist Mindy Bixby, DO, discover ways to cultivate gratitude, grounding, and grit to carry you through hard times. She'll explore how to build a vision and create a plan to achieve it, ways to center yourself in the present moment, and tools for coping with depression, anxiety, apathy, and chronic stress. You can navigate change & challenge with ease and grace.

[LEARN MORE](#)

South OC Parkinson's Support Group

August 4th 4:00 pm

This month's topic:
Local Research

Join us as we talk with a researcher from UCI about clinical trials happening right in our backyard.

Bring your questions!



Norman P. Murray Center
24932 Veteran's Way
Mission Viejo

[Click for details](#) ▶

If you have a special speaker at your support group or a special Parkinson's event going on in Orange County, email info@pdbuzz.com and we will help spread the word.



Educational Zoom Presentation

COGNITIVE CARE SOLUTIONS PRESENTS:

Dementia - The Unwanted Houseguest; The Gracious Host's Guide to Keeping Home, Head and Humor Together

Speaker:

Rosemary DeCuir
Consultant, Author and Lecturer

August 10 2022
12:00 PM - 1:00 PM (PST)

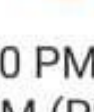


August 10th,
2022



Zoom Meeting ID:
841 9710 2077

Password: 045385



12:00 PM - 1:00
PM (PST)

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Research Opportunity in Irvine!

You are invited to join a research study with the potential to improve quality of life for Parkinson's patients present and future. The Lifestyle and Parkinson's Longitudinal Study (LPLS) is a research study that will follow individuals with PD over the course of multiple years, tracking lifestyle factors (like exercise) along with variables assessing Parkinson's symptoms.

Individuals who participate in the research will visit Concordia University Irvine's campus once per year for about 2.5 hours to participate in data collection. Our next collection this summer is August 10th, 2022. For more details and to register, please visit LPLstudy.com, or email us at info.LPLstudy@gmail.com.



The Lifestyle & Parkinson's Longitudinal Study

We need volunteer participants with Parkinson's disease to join our lifestyle study!

Aug 10, 2022

Contact us and sign up!



LPLS@uci.edu



LPLstudy.com



[TheLPLS](#)



Are you a support group leader or want to become one?

The Parkinson and Movement Disorder Alliance has free resources, training and even telephone office hours where you can get guidance in English or Spanish.

Click for details.



Spotlight® on Research: San Diego, CA

Learn How Groundbreaking Scientific Advances Can Impact Your Life.



Friday, August 5th

Registration: 9:00 - 9:30 AM PDT

Program: 9:30 - 11:30 AM PDT

[Encore Event Center](#)

8253 Ronson Road

San Diego, CA 92111

Speakers: Dr. Katherine Longardner, MD, & David Coughlin, MD

You're invited! This is a **FREE** event.

In the last 20 years, research has propelled therapeutics for movement disorders, offering new, innovative drugs and updated formulations. These changes have the potential to boost your quality of life today.

At this FREE, in-person event, experts will share what you need to know about the latest research & clinical trials and how they can impact your care and your life. Explore what's available for you today, what it takes to develop new drugs, and new medications in the pipeline. This program is interactive: our expert researchers and speakers are ready to answer your burning questions.

[LEARN MORE](#)



PD Buzz is 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 501c3 EIN #27-1196792

[DONATE](#)

Events



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](#)

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

Follow us on instagram

THE INFORMATION PROVIDED IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE SEEK THE ADVICE OF A MEDICAL PROFESSIONAL FOR ANY QUESTIONS YOU MAY HAVE.