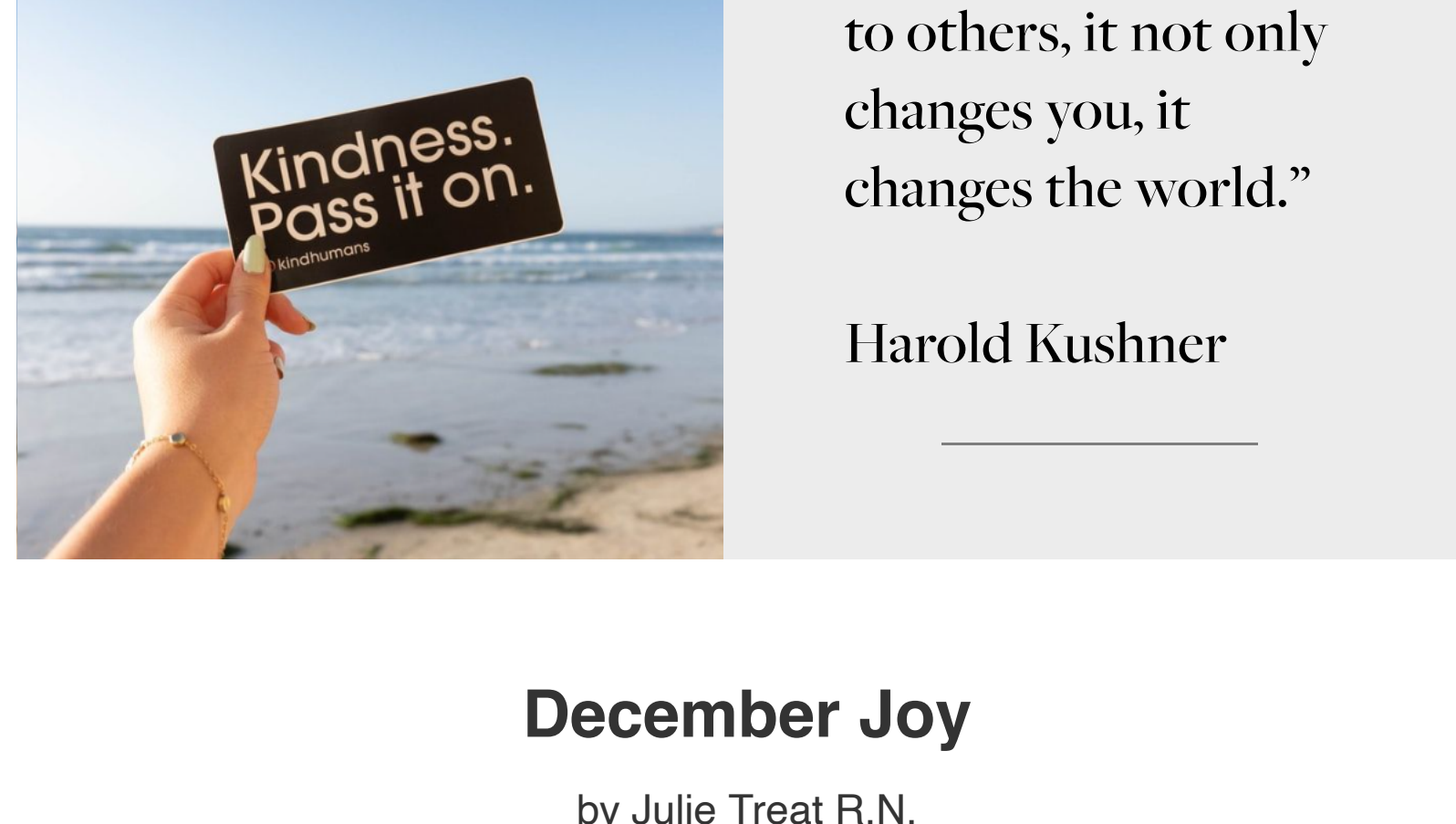


December, 2021



It's Do Good December!



"When you are kind to others, it not only changes you, it changes the world."

Harold Kushner

December Joy

by Julie Treat R.N.

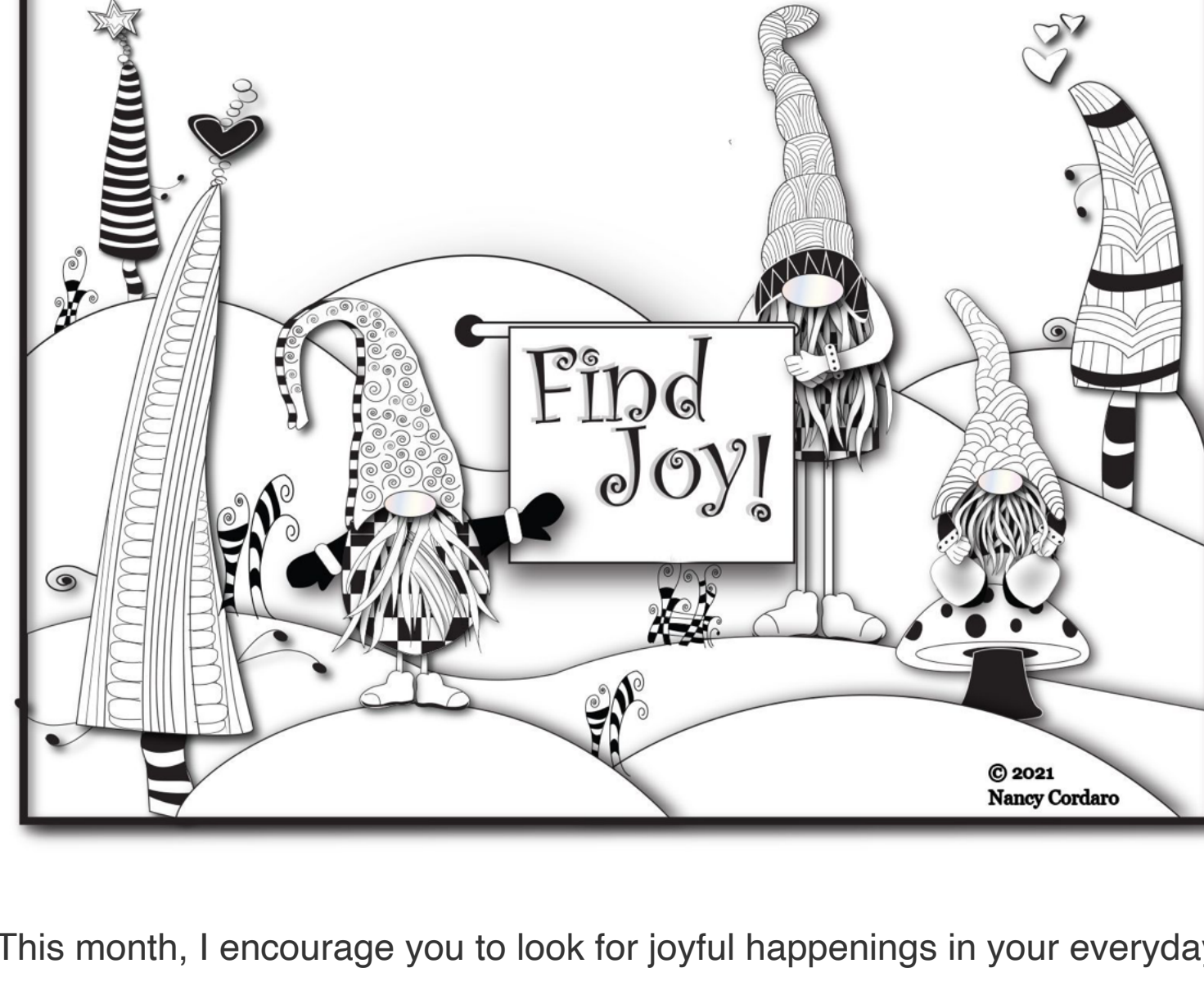
Remember that giggle, the outright belly laugh when you felt that intense, momentary joyful feeling? Remember the delight and glee, the exuberance and ease it brought to your soul and your body? Yes, I remember too. And with equal feeling, remember giving joy? There are lovely people who actually study joy. Ingrid Fetell Lee is one. She observes and studies where to find it. Check her out at aestheticsofjoy.com

Indulge in joy. Consciously create and hatch a plan to give joy. Be an anonymous giver of that mysterious and elusive feeling for your someone or for the stranger, then...imagine their joy and watch it come to you too. I have a new friend who has a holiday ritual of bringing joy. She takes dollar bills, and rolls them up with a ribbon and a Christmas note and brings them to the Dollar Store. Then she hides them around items sold at the store, ready to be found by the buyer. Driving away from the store she imagines the joy of that person or child finding that dollar, she laughs and giggles right out loud and she herself feels that intense, momentary joy. The world becomes abundant.

Boost your joy!

Julie Treat is a recently retired Nurse Navigator at the Hoag Movement Disorders Center. She has generously offered to volunteer her time with PD Buzz. Thanks Julie and welcome to team PD Buzz!

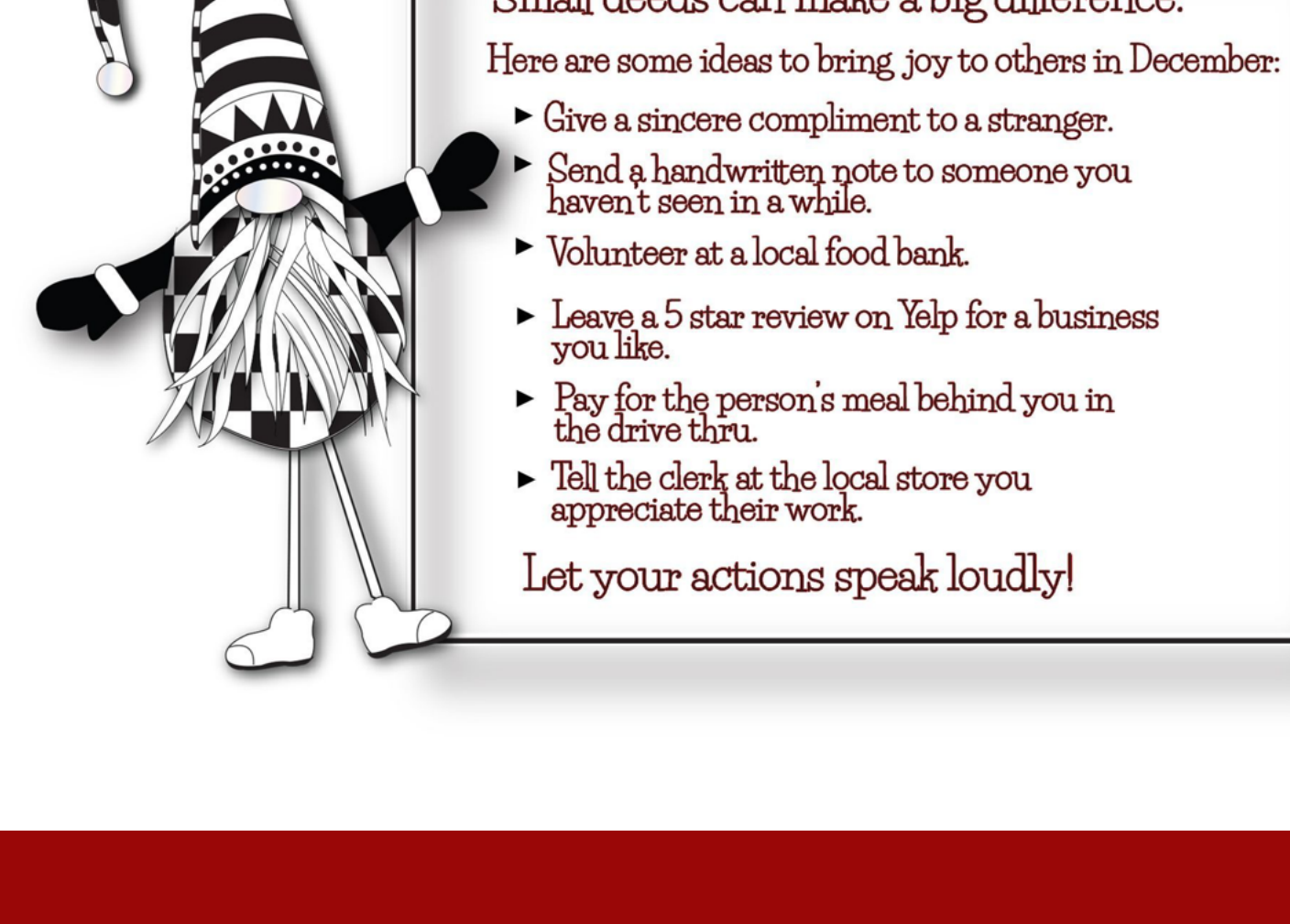
Join Us For Project Joy



This month, I encourage you to look for joyful happenings in your everyday life. If you look, it is all around you. Did you or a friend welcome a new grandchild recently? Did you pursue a new hobby? Were you able to do a couple of extra exercises today? Did you get a good night's sleep last night? What a joy that would be! Was the sunset spectacular? Send us a photo! Please send us your joyful happenings no matter how big or small. Send them to info@pdbuzz.com. We will be posting them all month on our [Facebook](#) and [Instagram](#) accounts (so be sure to follow us to see all the joyful things going on). My first joyful happening this month is the amazing gnome artwork above by my friend and fellow Parkinson's warrior, Nancy Cordaro. You are so talented Nancy. Thank you for your creative contributions to PD Buzz.

Thank you all for joining me in the pursuit of joy this month.

Lauren Simmons



Small deeds can make a big difference.
Here are some ideas to bring joy to others in December:

- ▶ Give a sincere compliment to a stranger.
- ▶ Send a handwritten note to someone you haven't seen in a while.
- ▶ Volunteer at a local food bank.
- ▶ Leave a 5 star review on Yelp for a business you like.
- ▶ Pay for the person's meal behind you in the drive thru.
- ▶ Tell the clerk at the local store you appreciate their work.

Let your actions speak loudly!

Calling All Support Group Leaders

(and those who want to be)



PMD Alliance
Parkinson & Movement Disorder Alliance

**No Support Group
in your area?**

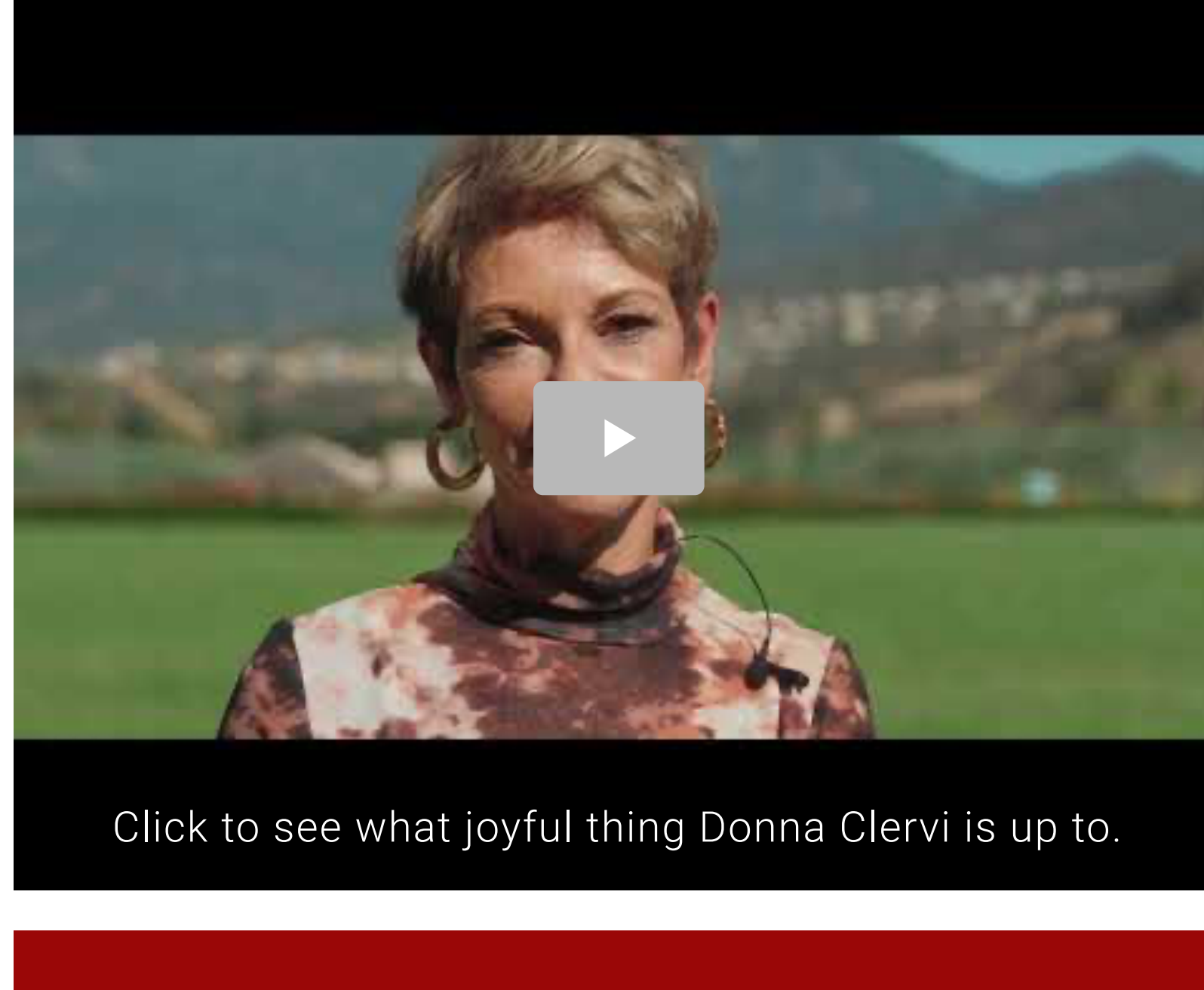
Why not start one?

You don't have to do it alone. The Parkinson and Movement Disorder Alliance has support group leader workshops on a regular basis. The next one is Dec. 3rd and 4th. Click for details.

Exciting Things Coming Up!

New Locations for Rx Ballroom Dance!

Rx Ballroom Dance is a free therapeutic dance program for people with neurological disorders. Starting in January, they will be opening two new locations, one in **Mission Viejo** and one in **Orange**. Click for details.



Click to see what joyful thing Donna Clervi is up to.

Newly diagnosed with Parkinson's disease?

Join us for a special **free** event on

January 8, 2022

10:00-12:30pm PDT

at

Rogue PT & Wellness
18030 Magnolia St.
Fountain Valley, CA *



Learn the basics of living with Parkinson's with Movement Disorder Specialist, **Dr. Mindy Bixby**.

Find out how exercise and a healthy lifestyle can help with symptom management from **Claire McLean PT, DPT, NCS**.

Learn about programs and services available here in Orange County.

Registration is required and space is limited.

Register at: pdbuzz.com/connection

***Should Covid restrictions change, this event will take place online.**

This free event is brought to you by PD Buzz and Rogue PT & Wellness and is made possible by a community grant from the Parkinson's Foundation.

pdbuzz.com

**P Parkinson's
Foundation**

ROGUE
PHYSICAL THERAPY & WELLNESS

THANK YOU



LOOKING BACK AT 2021

When I look back at 2021, I am excited to see the number of people PD Buzz helped live better with Parkinson's by connecting them with their Parkinson's community.

PD Buzz is run by a small group of volunteers. We have no paid staff but we do have expenses like web fees, printing and postage, newsletter fees and costs for our Jump Start program for those newly diagnosed.

As you plan your year end giving, please consider a donation to PD Buzz.

[DONATE HERE](#)

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 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

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

Check us out on instagram

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