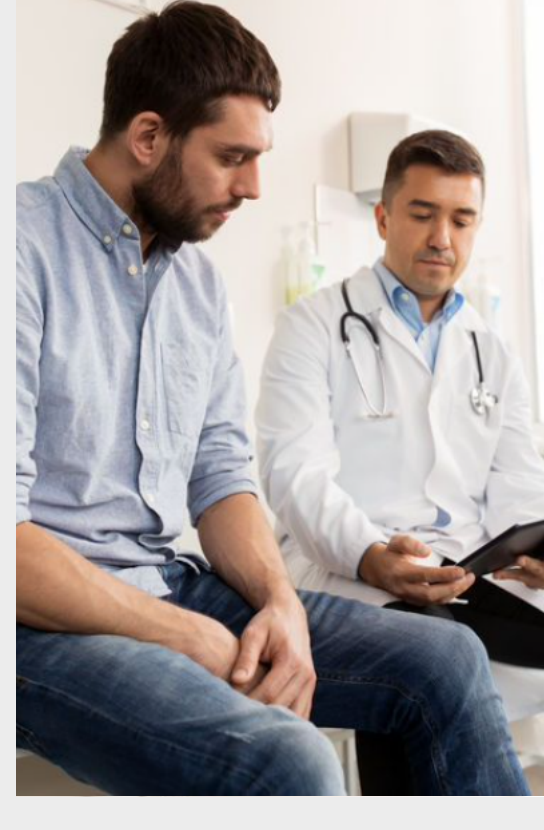


## Keeping you connected during *COVID*



### Clinical Trials Right in our Backyard

We are fortunate in Orange County to have so many PD resources available to us. Did you know that we have a Parkinson's Center of Excellence in Los Angeles (USC) and in San Diego (UCSD)? UCSD is conducting studies on a subcutaneous levodopa pump and a device worn on the neck that measures blood pressure. They are currently recruiting for these trials and others.

[Find out more here](#)

**Feb 20th**



**Davis Phinney**  
Former U.S. Olympian diagnosed at age 40 with Parkinson's

### Davis Phinney Victory Summit

A Parkinson's diagnosis can be overwhelming. Learn to live well and even thrive with Parkinson's at this free online seminar.

[REGISTER HERE](#)

**"Parkinson's is not a journey to be taken alone."**

Amy Carlson

Local support groups are happening virtually now. [Click here for a list of groups.](#)



*Happy Valentine's Day!*

## very berry nice cream

*blend:*



2 frozen bananas



1 cup frozen berries



2 tbsp almond milk



1/4 tsp vanilla extract

follow @plantyou



Follow @plantyou to get great plant based recipes

## Take a dance break!

*I recently received a wonderful tip I'd like to share. I'm pretty sure most people are familiar with the incredible benefits of YouTube but my husband and I discovered a new one, it's a "Footloose" compilation with hundreds of iconic dance sequences from movies over the last 40-50 years set to music from Footloose.*

*-Vicki W.*

*click on Elvis to go to the Footloose Compilation*



### Movie Review

#### Me To Play

This documentary follows two actors with Parkinson's who decide to act in one more play. It is touching, heartwarming, and sometimes tough to watch but well worth it. It is streaming through Feb. 25th at the Slamdance Film Festival.

[MORE INFO](#)

We are halfway through February and almost a year into the COVID pandemic shutdown. This has been a difficult time for all but especially for those of us living with Parkinson's. I feel your frustration of not being able to exercise in groups, go out to lunch and hug your loved ones. Until we are all vaccinated, please don't let the isolation keep you from exercising and staying connected to your community.

Go out for a walk, call a friend to chat, or try some online exercise classes or social groups. You can stay up to date on your favorite programs and services at [pdbuzz.com](#).

I have heard from many Parkinson's organizations and they are planning exciting things for the future. Hang in there.

Thank you for joining me in the pursuit of wellness.

*Lauren Simmons*

*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 501c3  
EIN #27-1196792

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**Check us out on instagram**