

My Favorite Resources

by Lauren Simmons



During our Jump Start seminar for those newly diagnosed, we discuss some of our favorite Parkinson's resources. There are some books and websites that provide clear, accurate information and are my "go to" places for the best information. Each month, we are going to be highlighting one of these resources as they are appropriate for everyone living with PD, not just those newly diagnosed.

First up is the **Every Victory Counts** manual put out by the Davis Phinney Foundation. This is a free book that you can **download** at any time or **order online** and it will be mailed to you.

Every Victory Counts is a great jumping off point to get you started. You will find the basics about things like symptoms and medications mixed in with advice, tips, and worksheets to aid in daily living. There is also a great glossary in the back which can come in very handy especially when you are new to the PD world. Woven throughout the manual are stories that educate, inspire, and give hope.

Contributors to the manual include not only world renowned specialists but also the real experts... people living with Parkinson's. Because life with PD can change daily, I find myself referring back to this manual often. When a new symptom arises or I want to know how someone else has handled an issue, I can usually find the answer here. Recently the Davis Phinney Foundation has published a similar **manual for care partners**. I highly recommend keeping these manuals on hand. The **Davis Phinney website** is also full of great information.

If you just can't wait for next month to learn about other favorite resources, you can see Claire McLean of **Rogue PT & Wellness** and I discussing all our favorites **here**.



"This manual is your roadmap for living well today. The route you choose is up to you."

Davis Phinney Foundation

Coming up in February


PMD Alliance
 Parkinson & Movement Disorder Alliance


California Parkinson Group
 ONLINE • LIVESTREAM

Hospital Stays With A Loved One

Hospitals stays with a loved one with Parkinson disease can be frustrating and sometimes scary, especially when most hospitals and healthcare staff aren't equipped to uniquely care for someone with PD.

Join PMD Alliance and Meg Lambert, BSN, RN, CNRN for a dynamic conversation on how to best prepare for a hospital stay and what to do once they're admitted.

Meg not only understands this experience professionally, but as the daughter to a father with Parkinson's. Meg has a personal as well as professional interest in helping to improve the quality of life of patients and their families.

🕒 Tuesday, February 1, 2022
6:30 PM PACIFIC

📺 Livestream via ZOOM.
<https://PMDAlliance.zoom.us/j/96556880797>

Meeting ID: 965 5688 0797

Passcode: 272681

💰 Free, all are welcome!

For more information, please contact
Susan Wong at (714) 343-1623.

FEATURED SPEAKER

Meg Lambert, BSN, RN, CNRN



Meg Lambert is the Senior Field Market Development Manager for Medtronic DBS. She is responsible for building therapy awareness to patients & referring physicians to ensure that more patients can benefit from Deep Brain Stimulation (DBS) therapy for Movement Disorders such as Parkinson Disease, Essential Tremor & Dystonia. Originally from the New York metro area, Meg received her bachelor's degree in Nursing at Cedar Crest College in Allentown, PA. She also holds a certification in neuroscience nursing and is a long standing member of the American Association of Neuroscience Nurses.

Prior to joining Medtronic, Meg was the DBS Program Coordinator at Barrow Neurological Institute for almost a decade. She provided patient education and clinical support for over 100 patients undergoing DBS.

📞 (800) 256-0966 ✉ info@pmdalliance.org 🌐 www.pmdalliance.org

February 1st 6:30 pm
Click here to enter zoom meeting



Parkinson's Walking Club

Mesa Trail
Rancho Santa Margarita

It's time to get together, get some fresh air and exercise

Saturday, February 12th
10:00 am

pdbuzz.com/events
for more details

Friends and family welcome!



If you provide a Parkinson's service or program in Orange County, please join us online Feb. 24th at 4:30 pm.

[LEARN MORE](#)

Looking for a Parkinson's program or service near you?

Check out these links:

[Support Groups](#) [Fitness Classes](#) [Support Services](#) [Events](#)

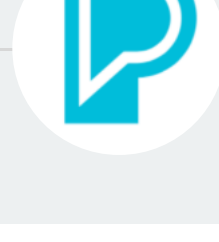
Take Note!

Parkinson's Revolution Rescheduled

Due to the rise in Covid cases, the Revolution event sponsored by the Parkinson's Foundation has been rescheduled for

June 11th.

Click for details.



Joy Report!

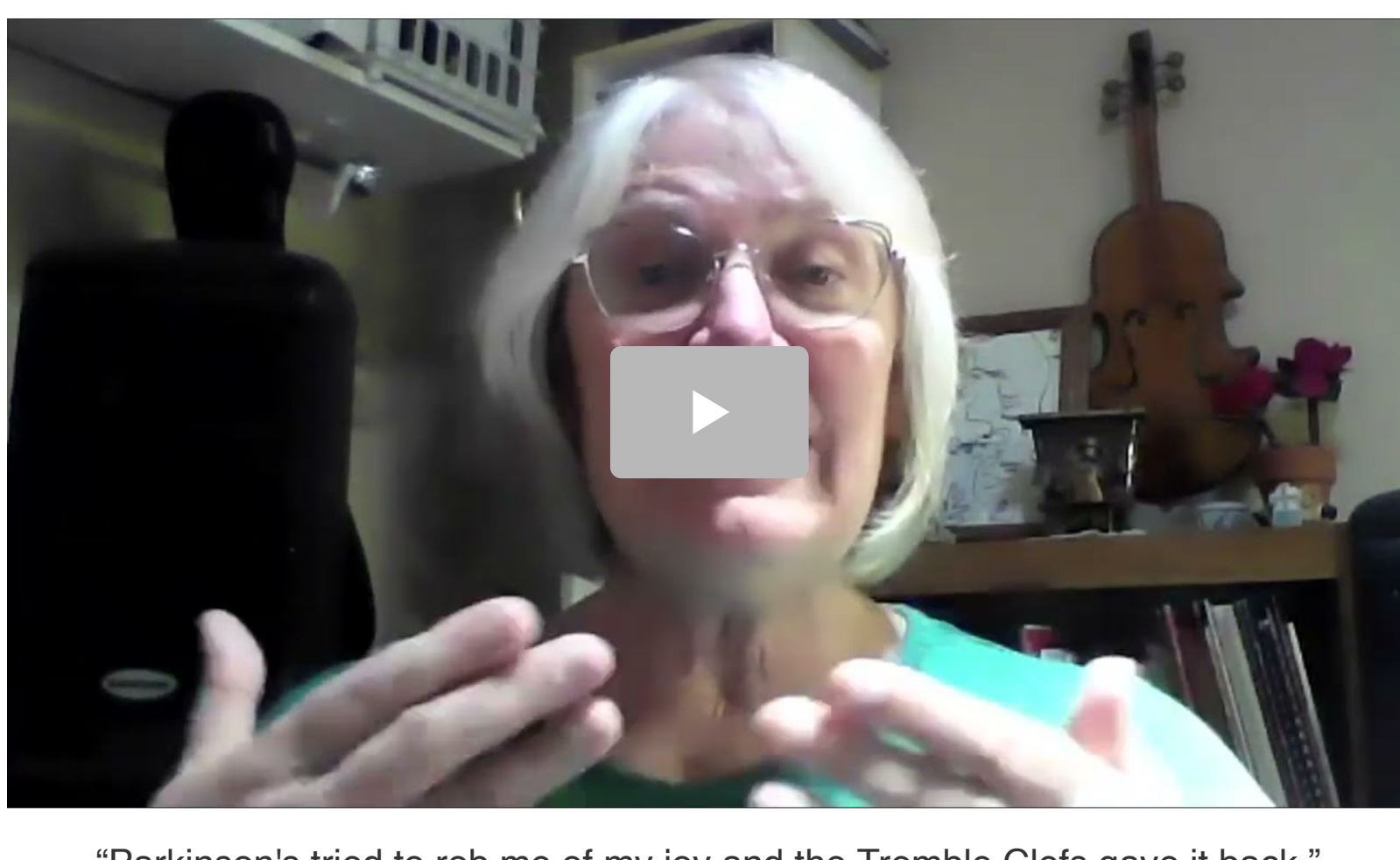


James Simmons is running the Big Sur Marathon in April on behalf of the Parkinson's Foundation and his mom, Lauren.

"His words made me cry and his picture made me laugh."

[READ HIS STORY](#)

Speaking of joy...check out this video from the OC Tremble Clefs



"Parkinson's tried to rob me of my joy and the Tremble Clefs gave it back."

~Tremble Clefs member

Let us know if you have a joyful event to share!

You can email us at info@pdbuzz.com

Events



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

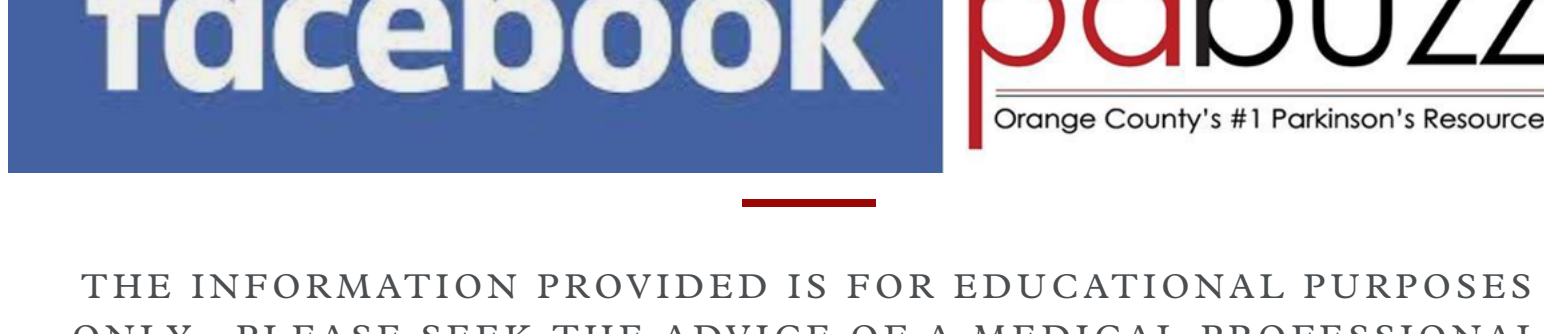
[VISIT OUR CALENDAR](#)

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

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