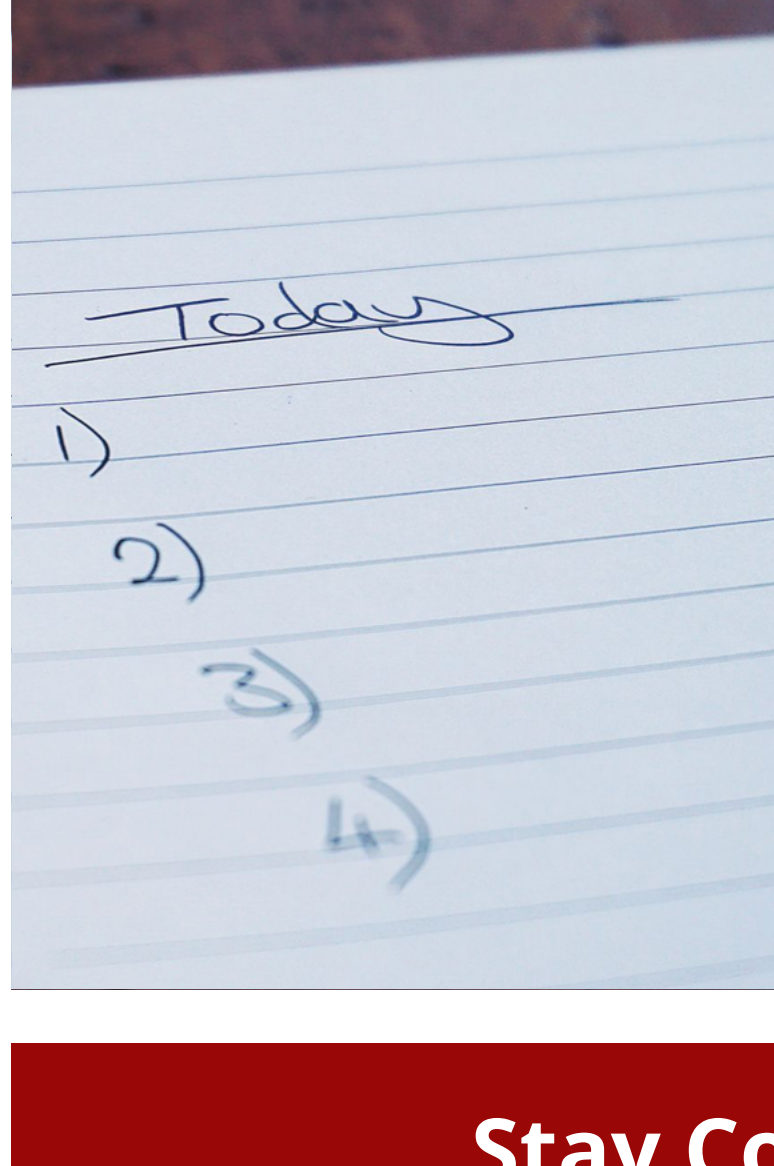


January, 2022

Woo Hoo! It's 2022!



What's Your Purpose?

In 2017, a group of researchers from the Harvard School of Public Health determined that people who have a higher sense of purpose in life are more likely to remain healthy and physically strong as they age. They define purpose as having goals and a sense of direction. What better time to assess your goals than the beginning of a new year.

Stay Connected

Did you know that Orange County is home to approximately 6,000 people who live with Parkinson's? With all these people, it is surprising that many are still isolated and not connected to the OC Parkinson's community. The sooner you get connected to resources, the sooner you can start to live well with Parkinson's. Fortunately, Orange County is also home to many programs dedicated to helping those with PD and their loved ones. PD Buzz has a full list of [fitness classes](#) and [support groups](#) for you to check out. Like to sing or dance? Check out the [OC Tremble Clefs](#) or [Rx Ballroom Dance](#). Want to meet others and go for a walk? [PEP4U](#) has a group that walks in the Laguna Niguel Regional Park every other week. The [Orange County Parkinson's Walking Club](#) meets monthly for a walk. We also have educational events and awareness events happening on a regular basis. You can find them on our [events calendar](#). Can't find what you are looking for? Send us an [email](#) and we will try to find a group for you in your area.

Joy Report

In December, we asked you to let us know the joyful happenings in your life and you did not disappoint. Check out the video below to see the Joy Reports and the joyful artwork that accompanied them provided by Nancy Cordaro.



Jump Start

JUMP START UPDATE

Due to the recent surge in Covid cases, our Jump Start event on January 8th has been moved online. If you have already registered, please check your email for the Zoom link.

Newly diagnosed with Parkinson's disease?

Join us for a special **free** event on **January 8, 2022**
10:00-12:30pm PDT



Get a Jump Start on living well.

UPDATE: Due to the recent increase in Covid cases, this event has been moved online.

Learn the basics of living well 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.
Register at: pdbuzz.com/connection

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



Take Note!

SOUTH ORANGE COUNTY PARKINSON'S SUPPORT GROUP

January 6th
Virtual Meeting 4:00 PM

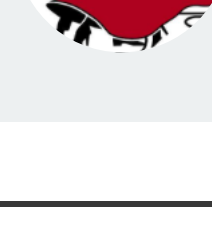


guest speaker:
Dr. Ken Martinez
OC Neuropain

Click for more details ►

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.



DO YOU SPEAK KOREAN?

Tremble Clefs of Orange County

Tremble Clefs for **Korean Speakers** with Parkinson's disease

Tremble Clefs is a therapeutic singing group for individuals with Parkinson's disease.

We welcome **new members who speak Korean!**

We invite you not only to improve vocal and physical skills but also to enhance the quality of life through singing.

No vocal experience is expected or required!

The program will be led in **Korean**.
It's a **FREE** program for all participants including a family member or caregiver.

Who: Korean Speakers with Parkinson's disease
When: Every Tuesday 5:30 p.m. to 6:30 p.m. starting January 2022
Visit our website for a starting date

Where: Meet on Online (Zoom)
Contact: Sun Joo Lee MM, MT, BC, NMT FELLOW
Sunjoolee@att.net or 480/274-3206

Learn how therapeutic singing is beneficial on our website:
www.OcTrembleClefs.org

*Tremble Clefs of Orange County is supported by a community grant from the Parkinson's Foundation and Parkinson's Association of Orange County



Come Join Us! Parkinson's Walking Group

January 29th
10:00 A.M.

Oso Creek Trail
Mission Viejo



Family and Friends welcome

Click for more details ►

Coming Up in February

Join Team PD Buzz

and ride to beat PD!

Click to sign up!



A note from Lauren Simmons:

I participated in Parkinson's Revolution last year and it was a blast! Don't be intimidated if you have never done a cycling class. There are a couple of different level classes and we are all there to have fun and raise awareness. Please [join Team PD Buzz](#) and have some laughs, get some exercise and support the Parkinson's Foundation. I hope to see many of my peeps there!

Events



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

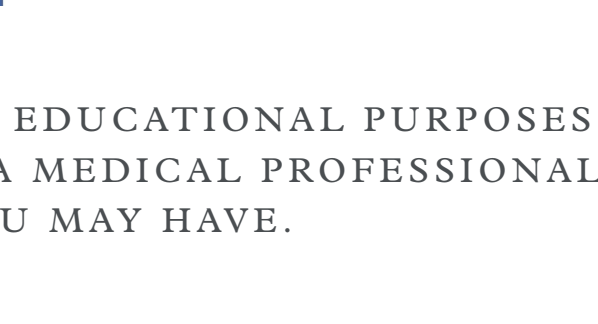
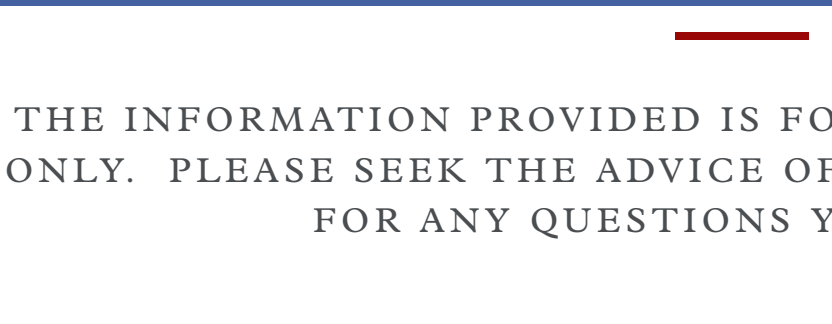
[VISIT OUR CALENDAR](#)

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

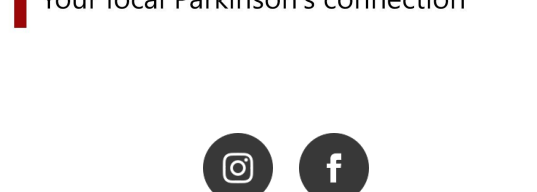
We are people with Parkinson's helping people with Parkinson's

Follow us out on instagram

Check us out on Facebook



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



21355 Trivoli
Mission Viejo, CA 92692, USA

Don't want these emails anymore? You can [Unsubscribe](#) or [Manage Preferences](#)