

July, 2022



June was a super busy month here in the Orange County Parkinson's community. The big events have slowed down a bit for the summer but our programs and classes are still going strong. Visit PDBuzz.com for info on all our local programs. Stay moving, stay connected, stay well and stay cool!



Don't go it alone...

Did you know that there are at least 12 support group meetings in Orange County this month?

[CHECK OUT THE CALENDAR](#)

**South OC
Parkinson's Support Group**

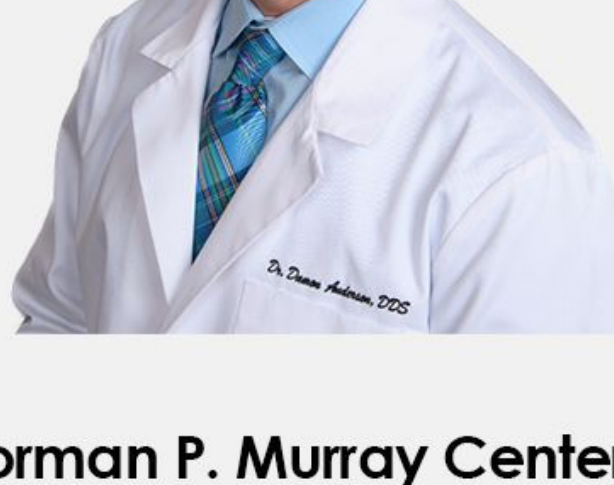
July 7th 4:00 pm

Guest Speaker

Dr. Damon Anderson DDS

Dr. Anderson is a dentist in Laguna Niguel who specializes in dentistry for those with special needs including movement disorders.

Bring your questions!



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

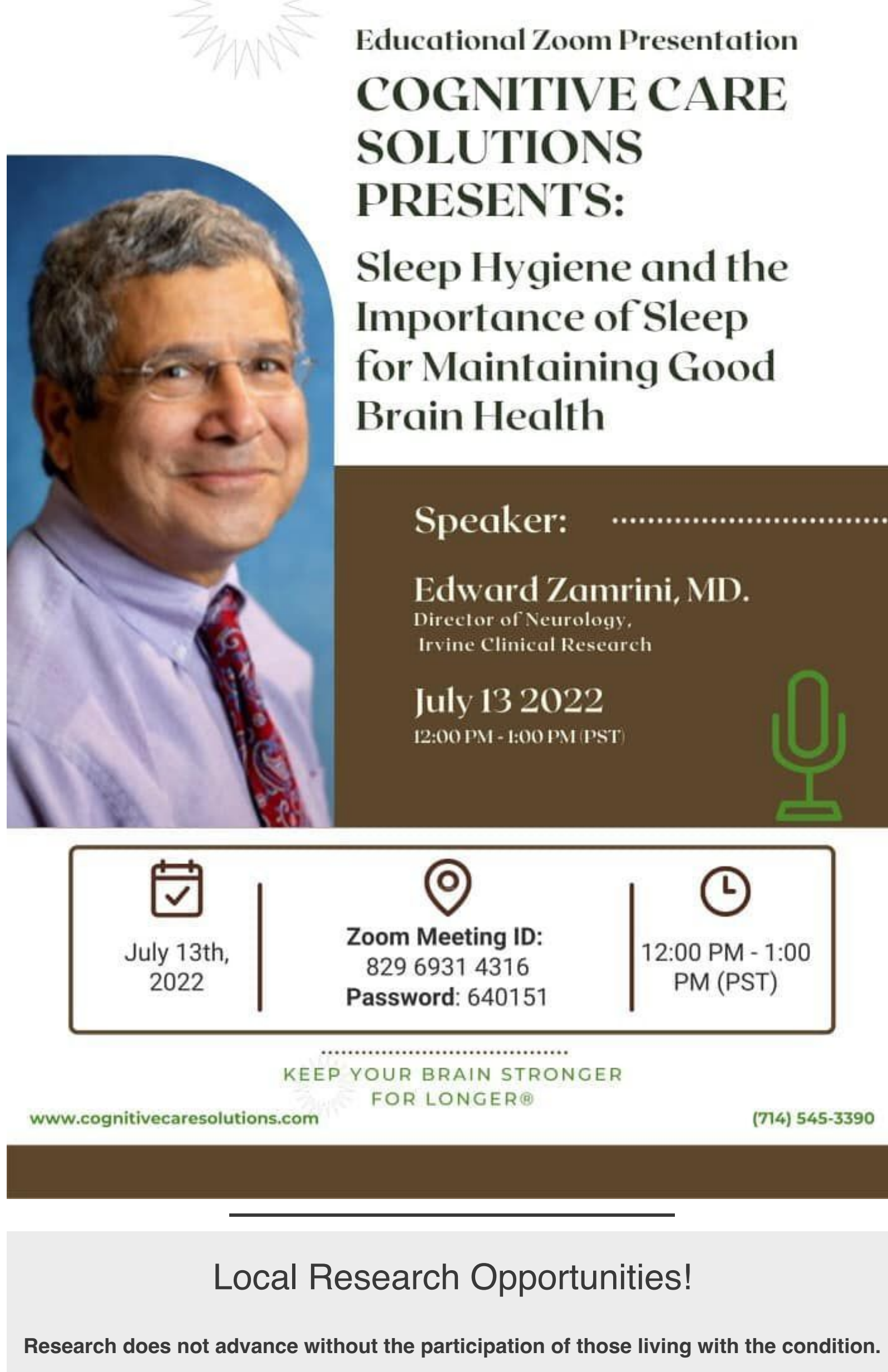
[Click for details ►](#)



Support Group Schedule Changes

Please note schedule changes just for July.

Fullerton Group - July 11th
Saddleback Group - July 20th



Educational Zoom Presentation

COGNITIVE CARE SOLUTIONS PRESENTS:

Sleep Hygiene and the Importance of Sleep for Maintaining Good Brain Health

Speaker:
Edward Zamrini, MD.
Director of Neurology,
Irvine Clinical Research

July 13 2022
12:00 PM - 1:00 PM PST

July 13th, 2022

Zoom Meeting ID:
829 6931 4316
Password: 640151

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

www.cognitivecaresolutions.com [\(714\) 545-3390](tel:7145453390)

KEEP YOUR BRAIN STRONGER FOR LONGER®

Local Research Opportunities!

Research does not advance without the participation of those living with the condition.

Concordia University 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. Upcoming collection dates in 2022 are July 8th, July 22nd, and July 29th. 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!

July 8, 22, 29, 2022

Contact us for more information:

✉ info.LPLstudy@gmail.com
🌐 LPLstudy.com
📷 TheLPLS



U.S.C.

Rogue PT & Wellness is hosting this study from USC about gut health and Parkinson's. Some evaluations can be done at Rogue in Fountain Valley.



JOIN OUR NEW STUDY IN GUT HEALTH & PARKINSON'S DISEASE

WE ARE CONDUCTING A RESEARCH STUDY LOOKING AT THE RELATIONSHIP BETWEEN GUT & BRAIN HEALTH IN INDIVIDUALS WITH PARKINSON'S DISEASE.

WHO'S ELIGIBLE?

- Men and Women at least 60 years old
- Diagnosed with Parkinson's disease
- Free from other neurologic diseases
- Is willing and able to collect stool or has a caregiver to help

WHAT'S INVOLVED?

You will be asked to collect a stool sample, perform various physical fitness and function tests, and have your blood drawn.

These tests can be done in our lab or in the comfort of your own home!

ARE YOU INTERESTED IN PARTICIPATING??

CALL KAYLIE ZAPANTA | (949) 303-3718

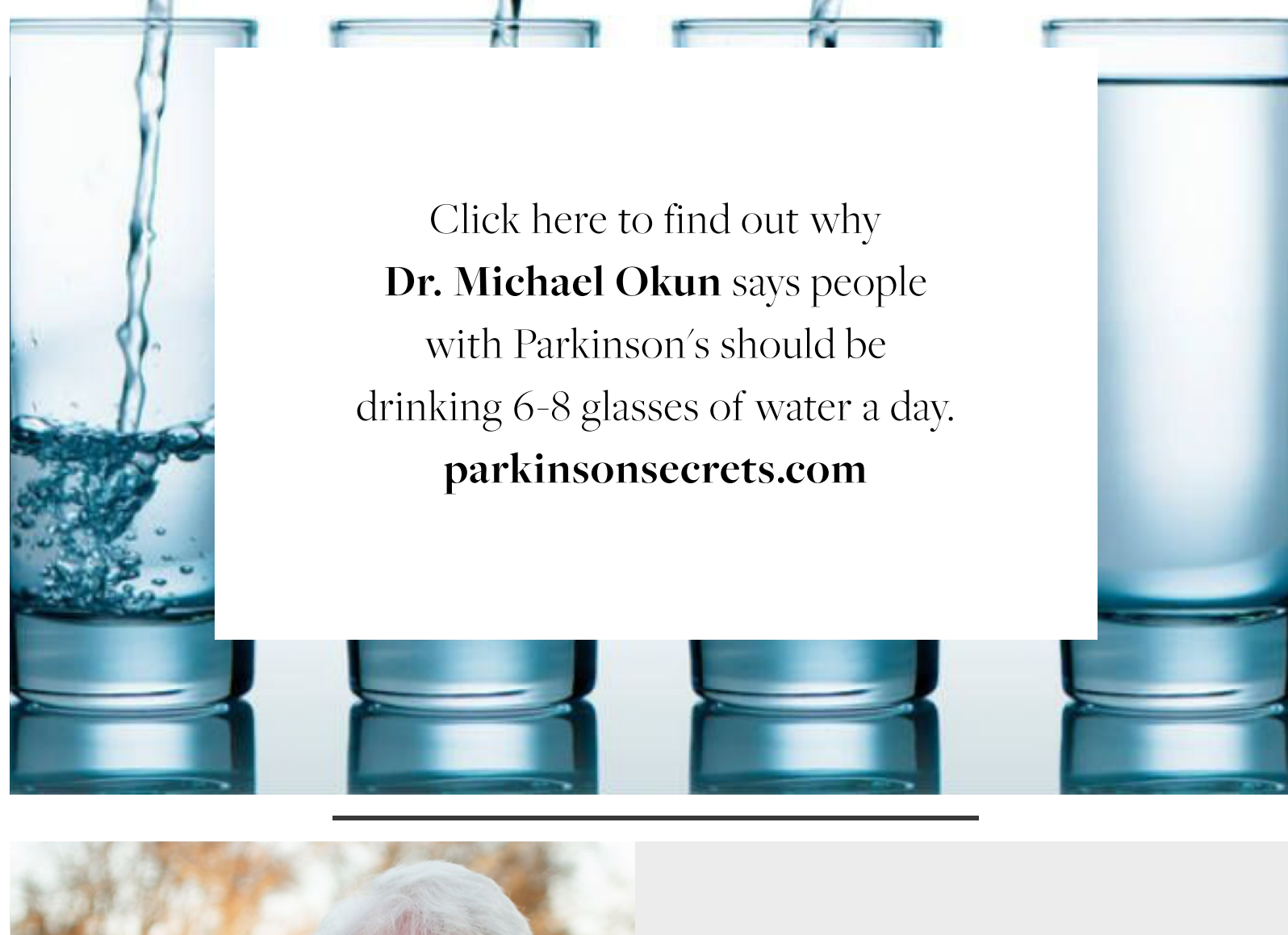
The Summer Heat is On!

Extreme heat can make Parkinson's symptoms worse.

The sensation of thirst can decrease as we age. Stay hydrated! Dehydration can lead to dizziness, low blood pressure and constipation.

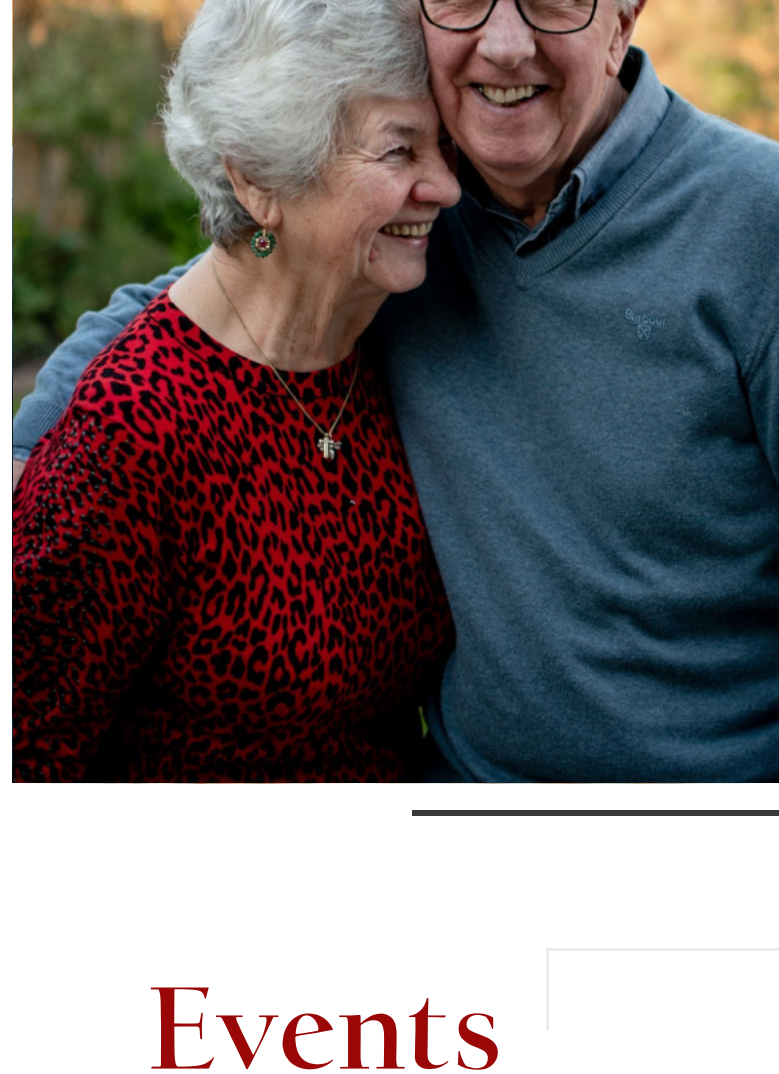
Do not store medication in a hot car. It can decrease the effectiveness of your medication.

pdbuzz



Click here to find out why **Dr. Michael Okun** says people with Parkinson's should be drinking 6-8 glasses of water a day.


parkinsonsecrets.com



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 501(c)3 EIN #27-196792

[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