

June, 2021

#### Covid Update and OC Parkinson's Programs

The recent Covid pandemic increased the isolation felt by not only people living with Parkinson's but their care partners as well. Fortunately, the state of California is scheduled to lift the mask mandate and most Covid restrictions on June 15th. Although several local PD programs have closed permanently due to Covid, most of the Parkinson's programs in Orange County are already back in person with restrictions. Some of the support groups are back in person and most others are working on transitioning to in person meetings.

If you are living in Orange County, there are many programs and services available to you. Please don't try to go it alone. We are better together. [Find OC services and programs on PD Buzz here.](#)

**OC Parkinson's Community**

**Tuesday**

**Hang Out in the Park**

We have seen each other on Zoom for the past year. It's time to visit in person!

Grab a coffee or a snack on your way and meet us for a get together at

Don't be shy. Stop by and say hi!

**Craycraft Park**  
**23650 Via Linda**  
**Mission Viejo**

**June 1st** **10:30 am**

**pdbuzz**



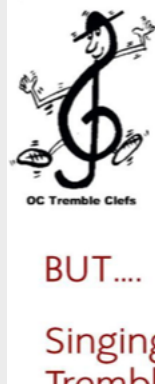
Don't Miss It!

June 5th

The SoCal Ride for Parkinson's is almost here. Proceeds benefit the Michael J. Fox Foundation

[DETAILS HERE](#)

#### A Note from the OC Tremble Clefs



Thankfully, Orange County has moved to the "yellow tier" and things are opening up more and more. The OC Tremble Clefs therapeutic singing group has been meeting consistently via Zoom throughout the pandemic.

BUT....

Singing is considered a "super spreader" and so the Tremble Clefs are being extremely cautious about getting back together in person. Our tentative plan is to resume "in person" meetings for fully vaccinated people on July 1st. We have gotten the "okay" from one of our rehearsal sites and are waiting to hear from our other two sites.

We understand that not everyone is comfortable getting the COVID vaccine. Because of this and also because we have been able to serve so many people with PD throughout the entire United States and even in other countries, the Tremble Clefs will be maintaining one Zoom session per week.

Whether you choose to join us "in-person" or via Zoom, we invite you to improve your voice, breathing and ability to communicate effectively by joining one of our meetings. For more information, check out our website at [www.occlembleclefs.com](http://www.occlembleclefs.com) or contact our Director, Karen M. Skipper, MT-BC at [kmsmusic@cox.net](mailto:kmsmusic@cox.net). We look forward to making music with you.

**Rogue PT and PD Buzz bring you**

**jump start 2021** *Live and in person!*

**A special event for those newly diagnosed with Parkinson's**

**June 26th** **10:00-12:30**

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

**Get started on living your best life with Parkinson's**

**Registration is limited.**  
**Please register at [pdbuzz.com/jumpstart](http://pdbuzz.com/jumpstart)**

**IS THERE A MAMBO IN YOUR FUTURE THIS SUMMER?**

**CLICK FOR MORE DETAILS**



**"SUMMER OF LOVE"**  
**BALLROOM DANCE CLASSES**  
**JUNE 1 - SEPTEMBER 3 2021**  
**SWAY BALLROOM, LAGUNA HILLS**

We use ballroom dance to preserve and enhance the quality of life in people confronting neurological conditions



*Groove with us!* *60's music!*

**[www.rxballroomdance.com](http://www.rxballroomdance.com)**

Now offering FREE in person and online classes for all levels. No partner required.

Support our program by donating today!

*Orange County Parkinson's Walking Group*



Our small group that started in March keeps on growing. This month we are walking the Dreaded Hill Trail in Lake Forest.

**June 12th**  
**10:00 am-12:00 pm**

Scared when you saw the name Dreaded Hill? Do not worry, we are just walking to the base of that hill. Slight grade going up one mile on the dirt trail, then we turn around and come back. Two miles total.

Bring your energy, your friends or family, plenty of water, but not the family dog this time. Sorry, no dogs allowed on this trail.

Come early for a coffee at Starbucks or stay after for a taco at Wahoo's Fish Tacos.

[Click here for directions and more information.](#)

Saturday, June 12, 2021 at 12:00 PM

**Parkinson's Revolution Orange County**

Location: MOX13, 126 Rochester Street, Costa Mesa, CA 92627

[Event Details](#)

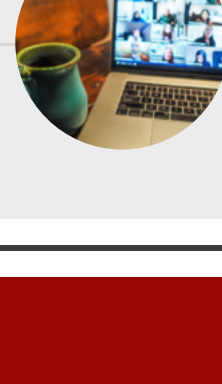
Contact: Lauren Williamson | ph: 949-398-2676 | [lwilliamson@parkinson.org](mailto:lwilliamson@parkinson.org)

[Click for more details](#)

Catch the Buzz

**OC Parkinson's Coalition**

Many thanks to Karen Skipper for hosting the OC Parkinson's Coalition kick off meeting on May 20th. It was great to get together with so many leaders in the OC Parkinson's community. This meeting provided a great opportunity to meet others, share our individual goals for our programs and discuss the needs of people with PD in Orange County. Our next meeting will be online July 15th at 4:30 pm. If you would like more information about the group or would like to be added to the email list for updates, contact Karen Skipper at [kmsmusic@cox.net](mailto:kmsmusic@cox.net). [Click for more information.](#)



**June Support Groups**

<b>June 3rd</b>	<b>South OC Support Group (virtual)</b> Has your handwriting gotten small or illegible? This month's meeting is all about hand writing and art with Saba Shahid from <a href="http://Creativeneurology.com">Creativeneurology.com</a>
<b>June 7th</b>	<b>Fullerton Support Group</b>
<b>June 7th</b>	<b>South OC Care Partner Support Group (virtual)</b>
<b>June 11th</b>	<b>Korean American PD Support Network</b>
<b>June 17th</b>	<b>Fullerton Care Partner Support Group</b>
<b>June 21st</b>	<b>Capriana Warriors Support Group (virtual)</b> Estate attorney, Amanda Wheeler, will be speaking about the importance of having Advanced Directives and other legal documents to convey our wishes in regard to medical and end of life decisions.
<b>June 21st</b>	<b>South OC Care Partner Support Group (virtual)</b>

[CLICK FOR DETAILS ON ALL GROUPS](#)

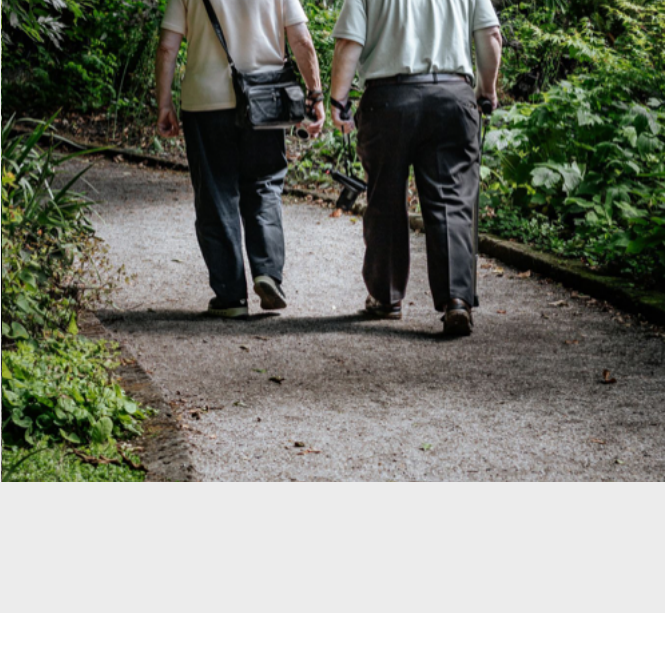
**Events**



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*



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

[Donate Here](#)

**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.