

March, 2022

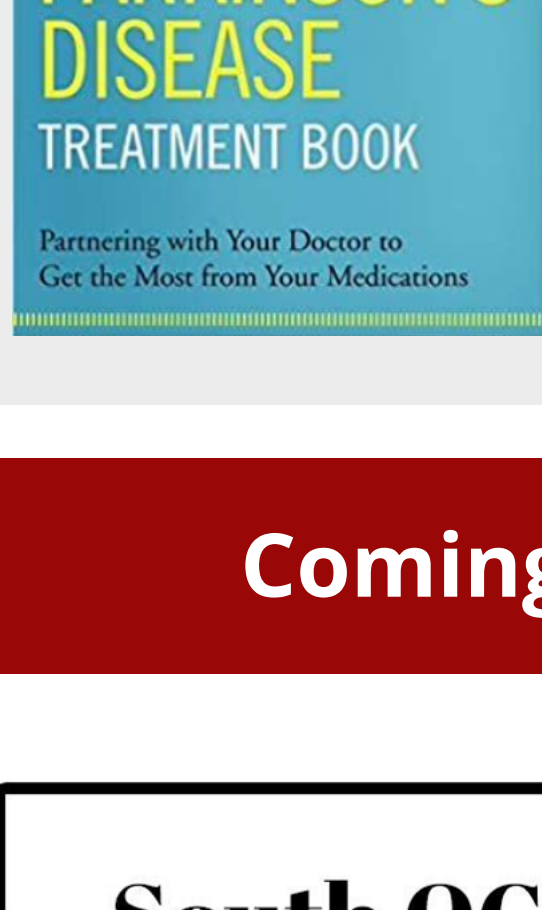
My Favorite Resources

by Lauren Simmons

This month's favorite resource is [The New Parkinson's disease Treatment Book](#) by Dr. J. Eric Ahlskog.

Dr. Ahlskog has more than 30 years of experience working with people with PD at the Mayo Clinic. His goal in writing this book is to educate patients so that they can partner with their doctors to get the best treatment. Unfortunately, in today's world, our time with our physicians is limited. By educating yourself, you can make the most of that time by knowing what questions to ask and what treatment options are available. This book will give you the general information, put in terms you can understand, so you and your physician can work out a treatment plan specific to you.

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](#).



"Physicians, patients and families are all on the same team. If patients have a good understanding of not only their disease but also of the appropriate drugs, doses, and the rationale for using these, optimal treatment should be facilitated."
J. Eric Ahlskog

Coming up in March

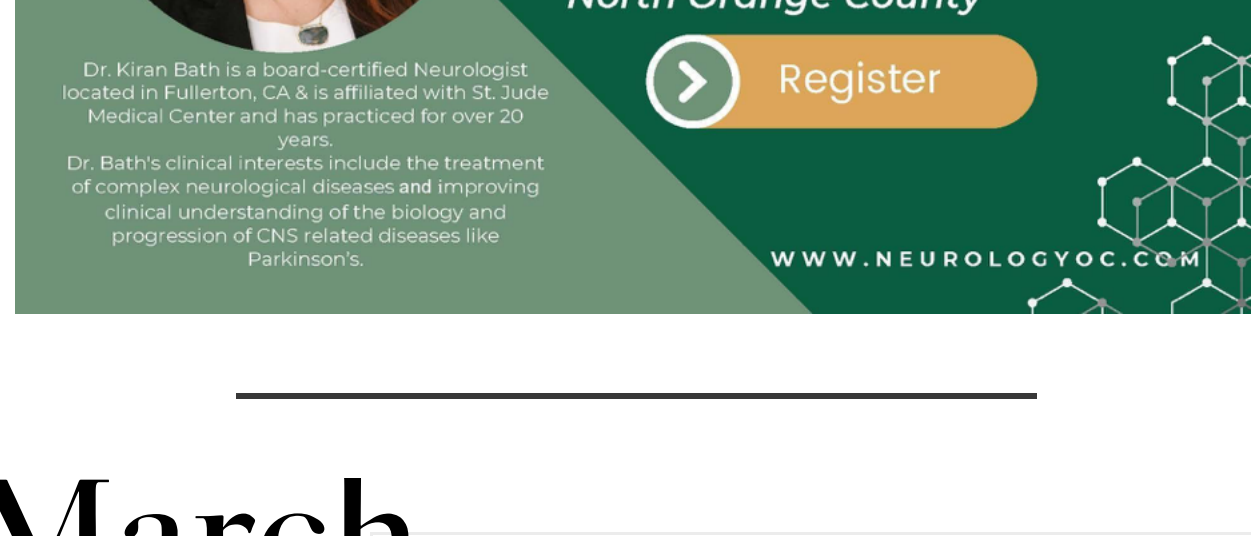
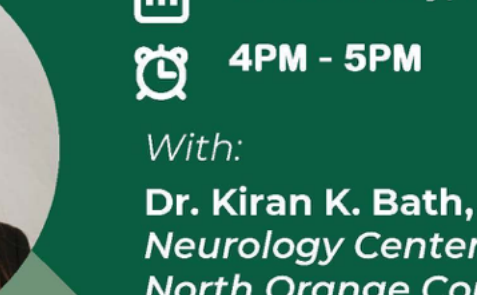
South OC Support Group March 3rd 4:00 pm



Guest Speaker
Dr. Madhu Agarwal
Neuro - Ophthalmologist

Zoom link available at soccpsg.com on the day of the meeting.

Please join us and find out how Parkinson's can affect your vision.



March 18th

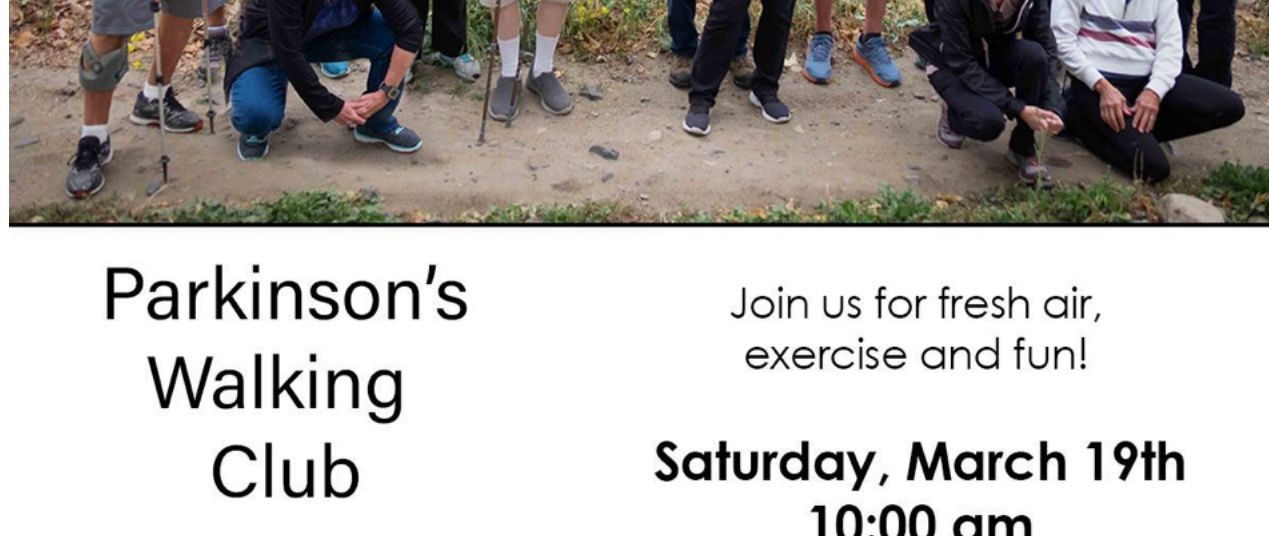
LIVING WITH PARKINSON'S
Parkinson's Sleep and Me

PARKINSON'S FOUNDATION

Guest Speaker:

Dr. Saulena Shafer DO
Sleep is important to our health and a common problem for people with PD. Join Dr. Shafer for this free virtual event.

[LEARN MORE](#)



Parkinson's Walking Club
Mesa Trail
Rancho Santa Margarita

Join us for fresh air, exercise and fun!
Saturday, March 19th 10:00 am
pdbuzz.com/events
for more details

Friends and family welcome!

New Programs!



Senior Boxing

Join Stephanie Pacific-Willette at the Murray Center in Mission Viejo on Tuesday mornings. Stephanie has been involved in boxing and physical fitness for the past 25 years. She is a certified personal trainer through NCSF, ISSA personal trainer and ISSA certified sports nutritionist. Stephanie teaches boxing to all ages. She also enjoys teaching boxing to people in the Parkinson's community and watching each participant excel in the sport.

[REGISTER HERE](#)

Age Well | FLORENCE SYLVESTER SENIOR CENTER

Integrative Arts Play for Parkinson's

Hosted by Instructor Ghaffar Pourazar
Florence Sylvester Senior Center

Parkinson's patients come from all spheres of society. This is a multi-disciplinary, multi-cultural, and multi-arts approach to a disease that costs this country \$52 billion per year and destroys millions of families lives. This workshop is not a substitute for medical treatment, but rather a supplement to decrease pain, increase strength and explore our capabilities in a fun framework.

An integrated approach comes out of decades of experience in teaching and performing. It follows Ph.D. research in "human movement": training in multi-cultural dance, mime, physical theater, physical comedy, drama, opera, martial arts, acrobatics, and anything that relates to human movement including the psychology of movement in theory and practice of theater and drama-therapy.

MONDAYS 2:00 PM - 3:30 PM

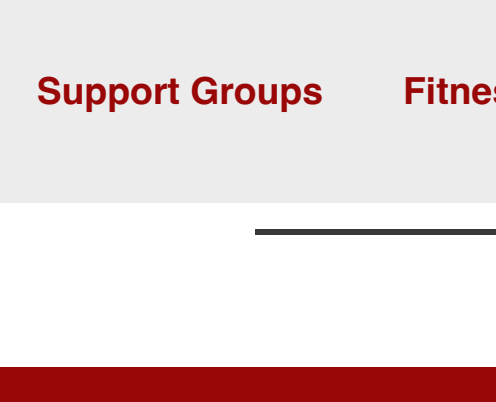
RSVP BY CALLING
(949) 380-0155



Intro to Parkinson's Disease
Advanced Parkinson's Disease
Caregiver Support Group
Intro to DBS

Check out these new virtual groups offered by Hoag!

[LEARN MORE](#)



Catch the Buzz

Looking for a Parkinson's program or service in Orange County? Check out these links:

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

YOPD News

This month!

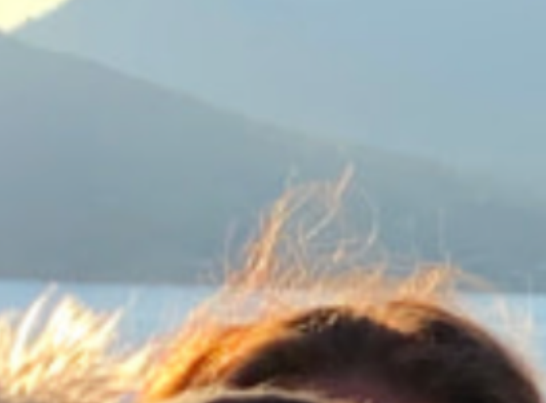


YOPD Support

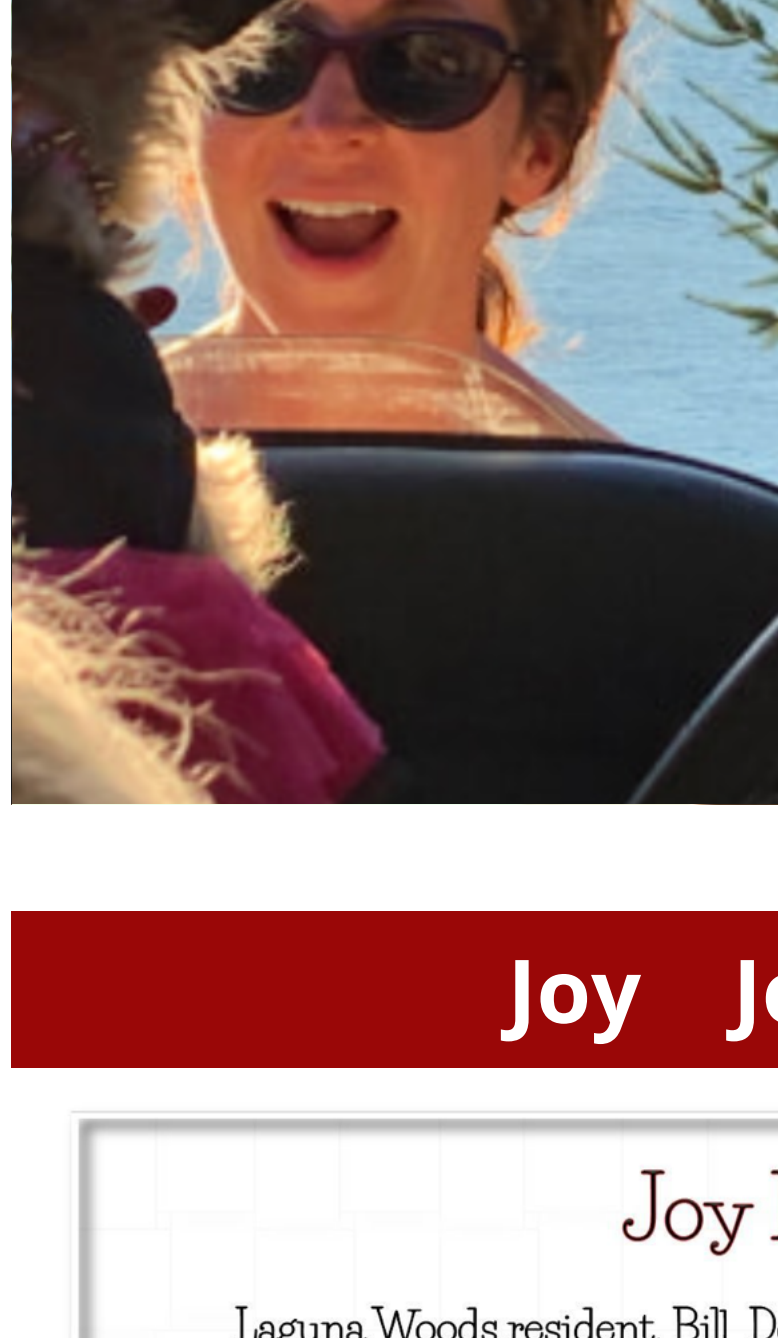
California Parkinson's Group

Guest Speaker:
Claire McLean

[READ MORE](#)



[CLICK TO REGISTER](#)



Watch the newest
MEDIFLIX ORIGINAL
The P-Factor - Gina in Motion

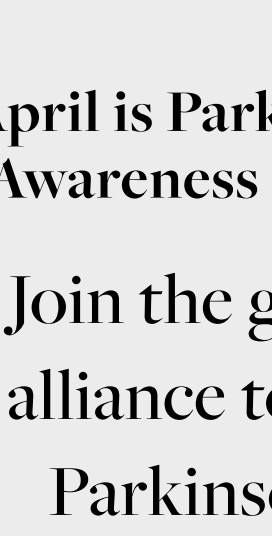
Gina, a spirited 43-year-old woman with early onset Parkinson's disease embarks on a road trip in pursuit of information, direction and wisdom, accompanied by her pets, Zac and Cookie.

[VIEW VIDEO](#)

Joy Joy Joy!

Joy Report

Laguna Woods resident, Bill DeWitz, was diagnosed with Parkinson's disease in December, 2013.



Recently, he achieved the level of Kickboxing Yellow belt from the I.K.T.A. (Intercontinental Kick Thai Boxing Association).

Bill has also been a member of Rock Steady Boxing for 6 years. Well done Bill. You are an inspiration to all!



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NANCY CORBARD

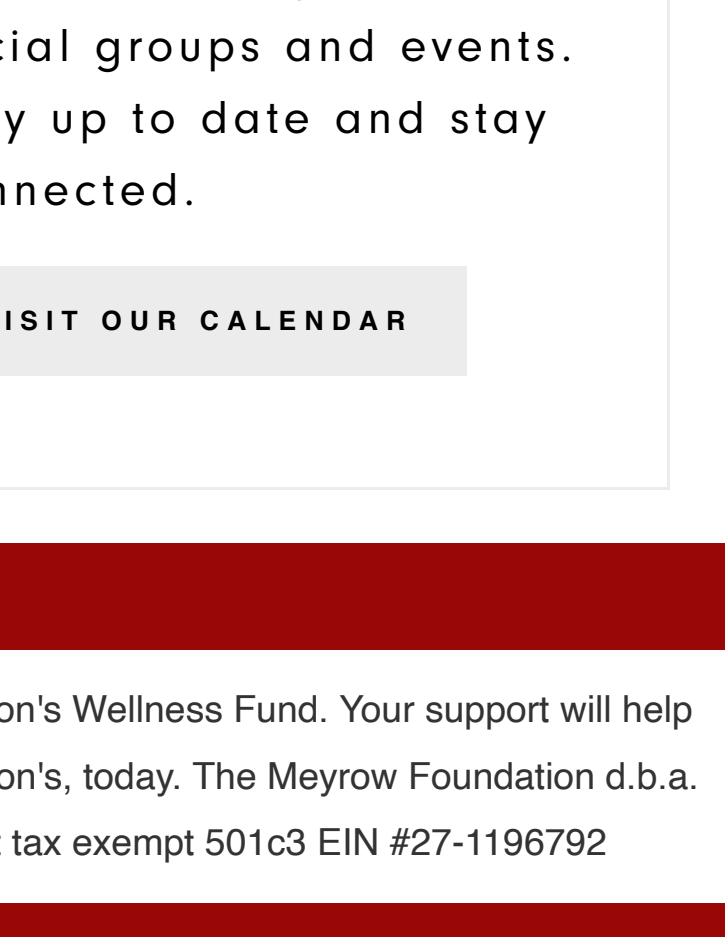
Let us know if you have a joyful event to share!
You can email us at info@pdbuzz.com

Coming Up!

April is Parkinson's Awareness Month

Join the global alliance to end Parkinson's

[LEARN MORE](#)



Events



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

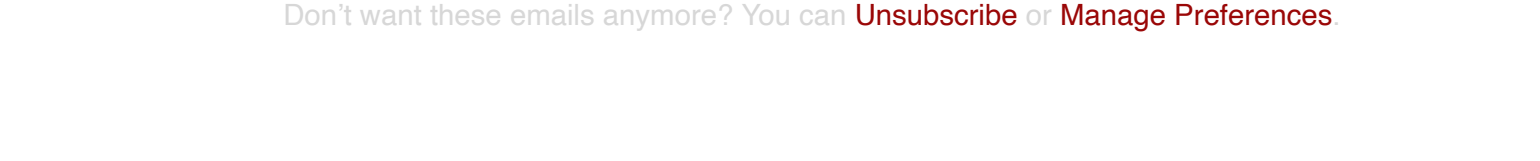
[VISIT OUR CALENDAR](#)

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](#)



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