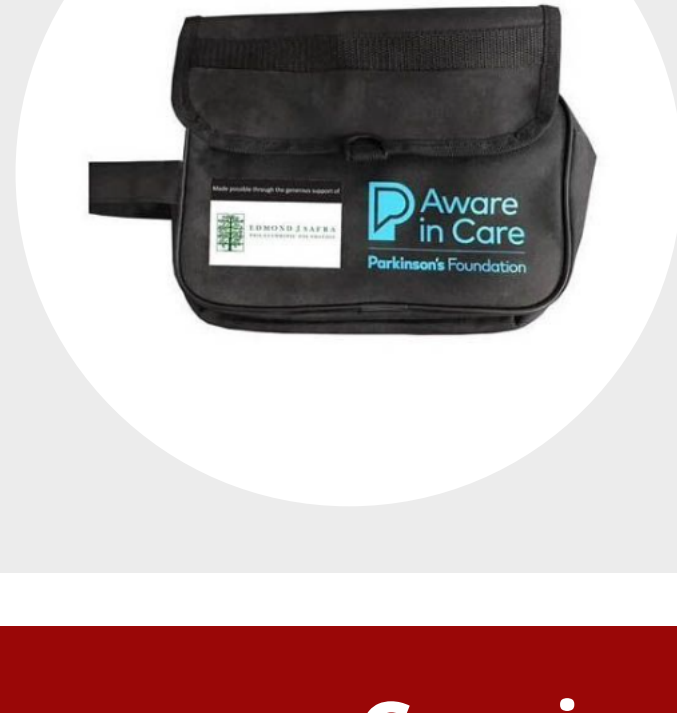


May, 2022

## My Favorite Resources

by Lauren Simmons

This month's favorite resource is the **Aware in Care Kit** provided by the Parkinson's Foundation. The Aware in Care Kit is a hospital kit for people with Parkinson's. Unfortunately, many medical professionals in the hospital setting are not familiar enough with Parkinson's to understand the specific needs of a person living with PD. The Parkinson's Foundation notes that three out of four people with Parkinson's will not receive their medications on time when staying in the hospital and this can cause unnecessary complications. The kit contains fact sheets on the necessity of getting medications on time, a list of medications that may be contraindicated for people with Parkinson's, a Parkinson's ID bracelet, a hospital action plan and information for specific things like Duopa and DBS. It is recommended to keep a supply of your current medications in the bag to bring with you on any hospital stay. Medications must be current and in their original containers. You can order an Aware in Care Kit [here](#). The kit is free but you pay shipping. You can also download all the printed materials in the kit for free [here](#).



"At the Parkinson's Foundation, it is our mission to help people with Parkinson's disease live better lives, and that includes staying safe while in the hospital."

## Coming up in May

**South OC Parkinson's Support Group**  
**May 5th 4:00 pm**  
**Back in person!**

Guest Speaker  
*Julie Teat RN.*  
Julie is the former Nurse Navigator for the Hoag Movement Disorders Center  
**Bring your questions!**



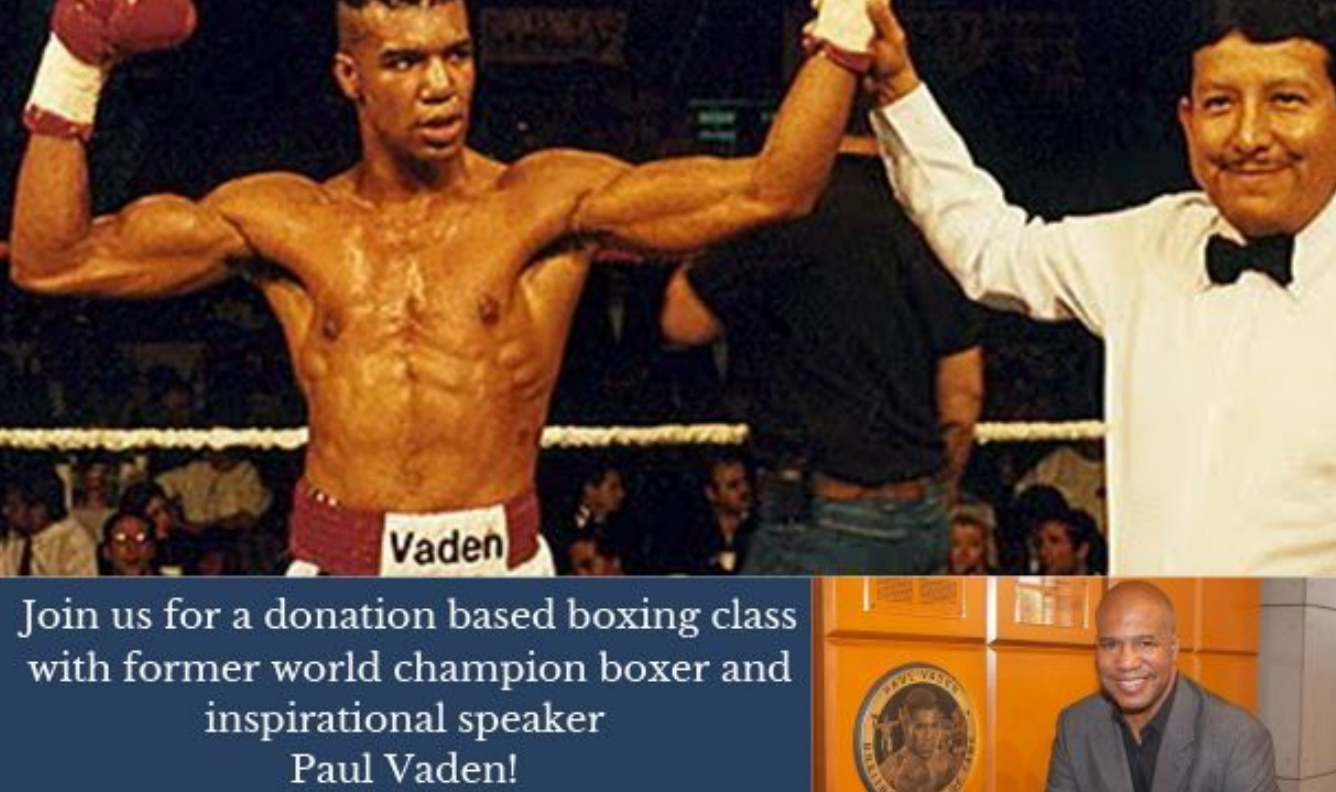
Murray Center  
24932 Veteran's Way  
Mission Viejo  
[Click for details ►](#)

**Parkinson's Walking Club**



**May 21st 9:00 AM**  
**Dreaded Hill Trail Whiting Ranch**  
Friends and family welcome!  
[pdbuzz.com/events](http://pdbuzz.com/events) for more details

**NeuroLab 360**  
**Parkinson's Disease Boxing Class with Paul Vaden**




Join us for a donation based boxing class with former world champion boxer and inspirational speaker Paul Vaden!  
All donations will go towards NeuroLab 360's scholarship fund. No donation is too small!

Saturday May 14th at 10am

Contact us to sign up today!

[www.neurolab360.com](http://www.neurolab360.com)  
[info@neurolab360.com](mailto:info@neurolab360.com)  
(949) 704-8297  
2146 Encinitas Blvd, Suite 110  
Encinitas, CA 92024



"Through his wit, charm, and openness, he motivates and inspires both clients and audiences to strive for excellence in every aspect of their lives."

**Catch the Buzz**

Most of the support groups and classes in the county are back in person. Check out the links below for details.

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

## Coming Up in June!

Click on an event for more details.

**11TH ANNUAL PLAY FOR PARKINSON'S GOLF TOURNAMENT**

**TUESDAY, JUNE 28TH**  
**MOORPARK COUNTRY CLUB**  
Check-in: 11:00am | Tee Off: 12:30pm  
Cocktails & Dinner: 5:30pm

Hosted by: **POTENTE**

[parkinsonswellnessfund.org](http://parkinsonswellnessfund.org)

**Parkinson's Moving Day June 5th**

**June 4th**

**SoCal Ride For PARKINSON'S**

**Parkinson's Revolution**

**6.11.2022**  
**The Movement Begins With You**


PLEASE NOTE THE DATE CHANGE FOR JUMP START

**jump start 2022**

A special event for people newly diagnosed with Parkinson's


**June 25th 9:00-11:30 am**  
Live and in person at Rogue PT in Fountain Valley  
Get started on living your best life with Parkinson's  
Registration opens late May  
Go to [PDBuzz.com /connection](http://PDBuzz.com/connection) for more details

**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](#)



PD Buzz is 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 #27-1196792

[DONATE](#)

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

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Check us out on Facebook

**facebook** **pdbuzz**  
Orange County's #1 Parkinson's Resource

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