

November, 2021

National Family Caregiver's Month



November is National Family Caregiver's Month. In a month when we focus on giving thanks, our care partners deserve some extra helpings of gratitude. I challenge everyone out there to practice a random act of kindness this month and do something nice for a care giver. You can make all the difference with a heartfelt note, a dinner delivery or volunteering a few hours of your time so a care partner can have some time for themselves.

Resources for Care Partners

Caregiver Resource Center Orange County
Davis Phinney Every Victory Counts Manual for Care Partners
Fullerton Care Partners Support Group
Orange Coast Memorial Caregiver Support Group
The Parkinson's Foundation Care Partner Program.
PMD Alliance Real Talk Care Partner Discussion Group
South OC Parkinson's Care Partner Support Group
Well Spouse Association

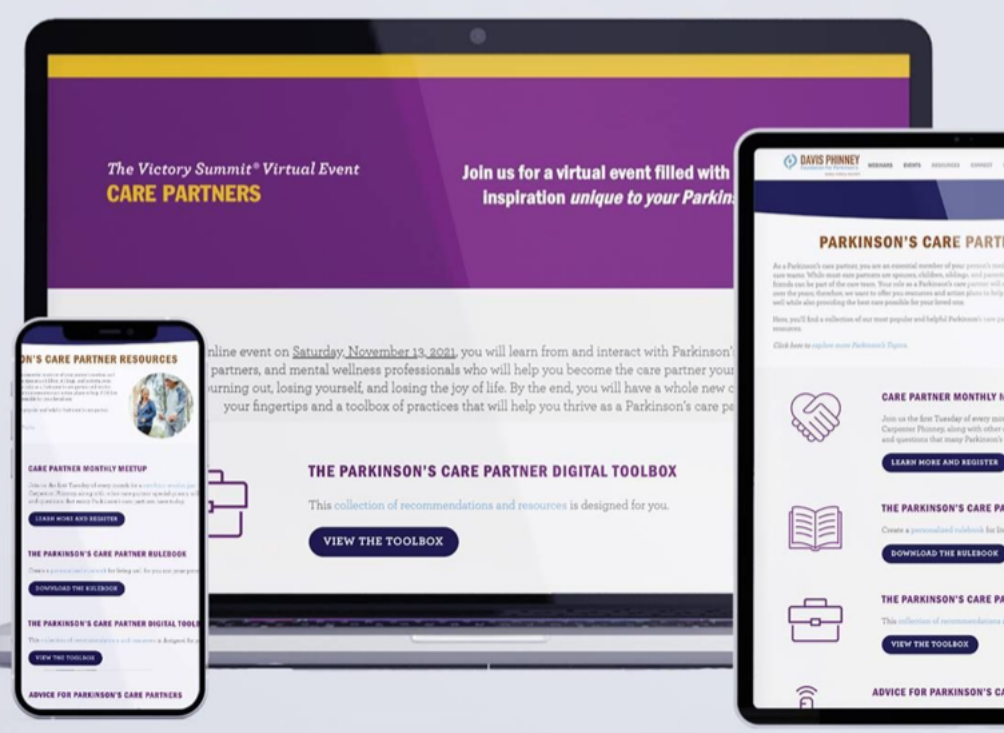
CARE PARTNERS-

THE DAVIS PHINNEY FOUNDATION HAS AN EVENT JUST FOR YOU

CLICK FOR DETAILS AND REGISTRATION

The Victory Summit® Virtual Event

CARE PARTNERS



NOV 13 | 9 AM MST

Parkinson's Walking Club



November 6th

Join us in Mission Viejo this month as we welcome Dr. Bixby back to O.C. with a walk and a get together.

CLICK FOR DETAILS

Meet Dr. Salma Aziz DPM

Owner Foot and Ankle Specialty Group



Dr. Aziz is a podiatrist currently working in Orange County but her young life involved fleeing her home country of Afghanistan with her family, having to leave her father behind.

Years later, after escaping and rejoining the family, her father began showing some troubling symptoms.

"The subtle symptoms that slowly built up were now telling a much bigger story."

Dr. Aziz will be discussing the role of podiatry for people with Parkinson's at the South OC Parkinson's Support Group this Thursday, Nov 4th at 4:00 on zoom. Go to socpsg.com for details.

Click here to read Dr Aziz's story of her family's journey caring for her father who was eventually diagnosed with a movement disorder. ►

Big News from the OC Tremble Clefs!

Starting in December, the Tremble Clefs will be adding meetings for native Korean speakers. Meetings will be on Tuesdays from 5:00-6:00 pm PST and will be run by Music Therapists Karen Skipper and Sun Joo Lee. Spread the word! Go to octrembleclefs.org for more information.



Newly Diagnosed?

A Parkinson's diagnosis can be overwhelming.

Let us help you get a *jump start* on living well with Parkinson's.



Learn the basics of living well with Parkinson's, find out how a healthy lifestyle can help with symptom management and learn about the programs and services available in Orange County.

This program is sponsored by a Parkinson's Foundation Community Grant.

PDBuzz.com/connection

Support Groups

Looking for a support group in Orange County? Click here for groups meeting this month.

Orange County is home to many support groups meeting both in person and virtually but there are still areas in the county that don't have a group nearby. If you are interested in leading a group near you, email us at info@pdbuzz.com and we can help get the word out.

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.