

October, 2021

Happy October! Fall has arrived and let's hope it brings cooler temps and lower Covid numbers so that life can get back to normal. The Parkinson's community in Orange County continues to be busy, both in person and virtual. This month, you can hear Lauren Williamson from the Parkinson's Foundation speak at the **Anaheim Support group** on Oct. 13th. If you are looking for an outdoor activity, the **PEP4U group is going kayaking** on Oct. 2nd and the **Parkinson's Walking Club**, based in South OC, is back at it on Oct. 16th. If Poker is your thing, you may want to join the Parkinson's Wellness Fund for their **All in for Parkinson's** fundraiser in Los Angeles on Oct. 28th. There are also some great virtual educational seminars coming up. Click on any of the events below to get more details. There are seminars and events that come up daily in Orange County and online. If you don't want to miss out, follow **PD Buzz on Facebook**. It is the best way to keep up to date with the Orange County Parkinson's happenings. Thank you for joining me in the pursuit of wellness.

Lauren Simmons

## Support Groups



*Surround yourself  
with people who get it!*

**Did you know that there are more than a dozen support groups meeting in Orange County each month?**

Staying connected with others is one of the best things you can do to live well with Parkinson's.

**Click here** ➡  
*to find a group that meets your schedule and needs.*

## Jump Start Update

Many thanks to Movement Disorder Specialist, Dr. Mindy Bixby, and Physical Therapist, Claire McLean, for speaking at our most recent Jump Start event on September 11th. Jump Start is a quarterly program for those newly diagnosed in Orange County.

Our goal is to give those newly diagnosed the information needed to start living well with PD and to get them connected to local resources. You can find out more about the program at [pdbuzz.com/connection](http://pdbuzz.com/connection). If you missed our event in September, you can watch it by clicking on the Jump Start logo below. If you need help getting connected to resources in the Orange County community, please email Lauren Simmons at [info@pdbuzz.com](mailto:info@pdbuzz.com).

Thanks so much to the Parkinson's Foundation who sponsored this event with a community grant.



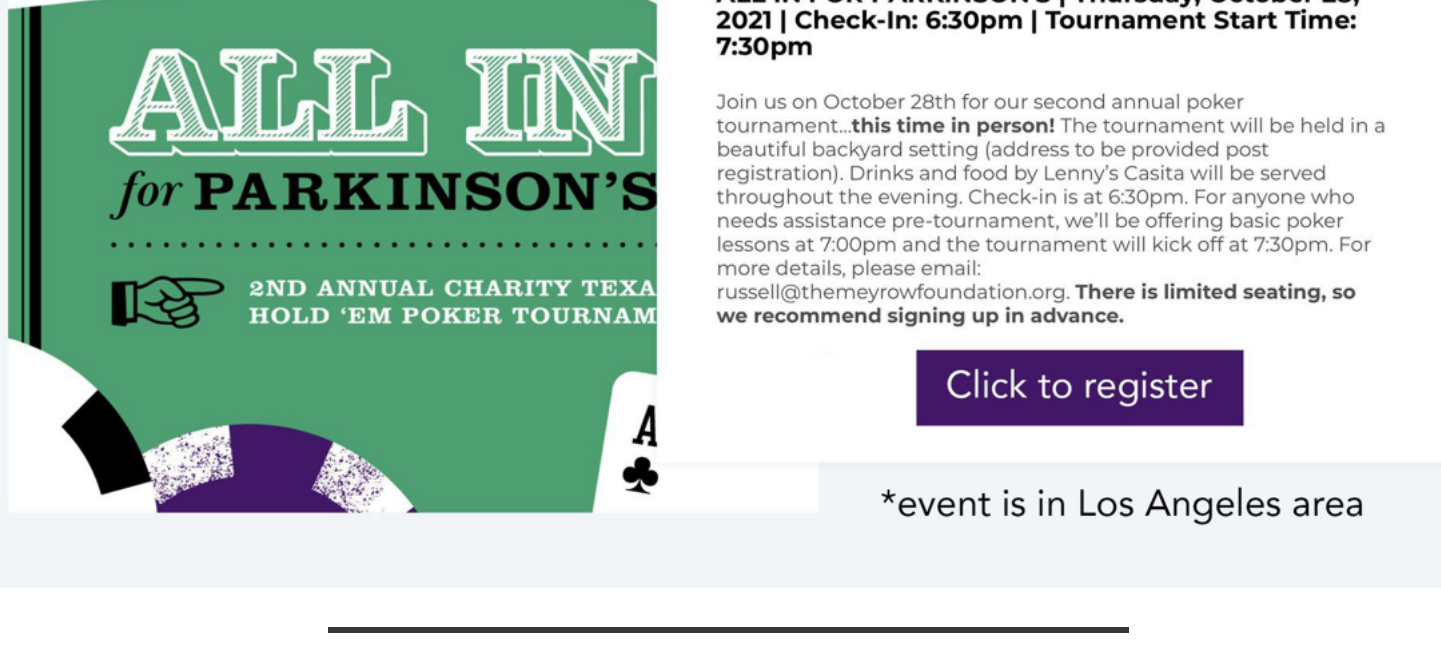
## Parkinson's Walking Club

**Mesa Trail  
Rancho Santa Margarita**

The weather is cooling down and the walkers are back at it.

**Saturday, October 16th  
10:00 am**

**Click for more details** ➡



\*event is in Los Angeles area

**It's Medicare enrollment time...do you have questions?**

**Click on the PMD Alliance event below to register.**



**PMD Alliance**  
Parkinson & Movement Disorder Alliance

**NeuroLife Online®**

**Spotlight Online**

ONLINE • LIVESTREAM

**Making Medicare Drug Plans Work for You!**

It's open enrollment for Medicare and it's time to really take an inventory - is your plan working for you? There's Plan A and Plan B and Plan C and we are going to unpack the full ABCs of Medicare to help you decide on the coverage you need. Dana Saffel, PharmD, BDGP, CPh, FASCP leads us in this informative conversation about how you can make Medicare work best for you.

Monday, October 4, 2021  
12:00 PM - 1:00 PM PACIFIC

Livestream via ZOOM.

Free, all are welcome!  
Registration required.

Register today at [www.PMDAlliance.org](http://www.PMDAlliance.org)

Thank you to our annual partners:












**FEATURED SPEAKER**

Dana Saffel, PharmD, BCOP, CPh, FASCP



Dr. Saffel is a Board-Certified Geriatric Pharmacist and a Fellow of the American Society of Consultant Pharmacists. She also holds membership in both the American Geriatrics Society, the Society for Post-Acute and Long-term Care Medicine, and the American Health Care Association. Dr. Saffel currently serves as the Region D representative on the ASCP Board of Directors and is a past-president of the Georgia Chapter and the Florida Chapter of ASCP. She is a past board member for the Commission on Certification in Geriatric Pharmacy. Dr. Saffel is a frequent guest lecturer at state and national conferences addressing topics ranging from disease management to business and operational issues for health service providers.

(800) 256-0966

[info@pmdalliance.org](mailto:info@pmdalliance.org)

[www.pmdalliance.org](http://www.pmdalliance.org)

*Cognitive Care Solutions Presents:*

**MANAGEMENT OF SLEEP SYMPTOMS IN PARKINSON'S DISEASE**

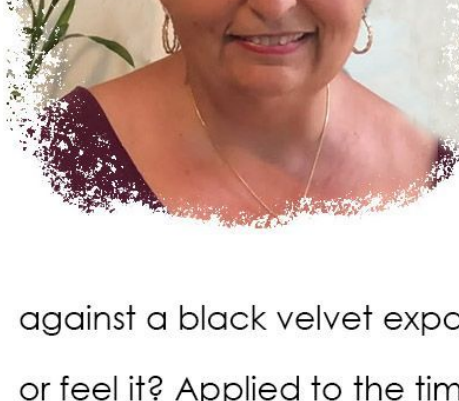
**DATE:OCTOBER 25TH 2021**  
**TIME:12:00 PM**  
**ZOOM ID:890 8058 8645**  
**PASSWORD: 795645**



**Guest Speaker**  
**DR. MELITA PETROSSIAN**  
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NEUROLOGIST AND  
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## Sage Sojourns

As the body changes, what is left is soul.

## Ribbons of Light in the Darkness

by Sage Benmet

I gave a talk recently inspired by a vision I received in meditation. I saw ribbons of light in the darkness.

This stunning image of shimmering curls of energy against a black velvet expanse drew me in. If you close your eyes, can you see or feel it? Applied to the times we live in, and the Parkinson's journey: What is the darkness? What is the light?

Perhaps like me your recent circles of conversation may name the darkness as the pandemic, the global challenge to women's rights, climate change that looms over the future, or the skyrocketing anxiety and depression felt by our adolescents and young adults. For people with Parkinson's the darkness may be amplified by things unknown: What will my future be like? Will I lose functionality? Will I lose my voice? Do I really have a disease and how will it ...

**continue reading** ➡

From the Ending PD Team

**Ever wonder if you are part of a Parkinson's cluster? Researchers are trying to identify groups with potential common exposures.**

**IF YOU THINK YOU MIGHT BE PART OF A CLUSTER  
FILL OUT SURVEY HERE**

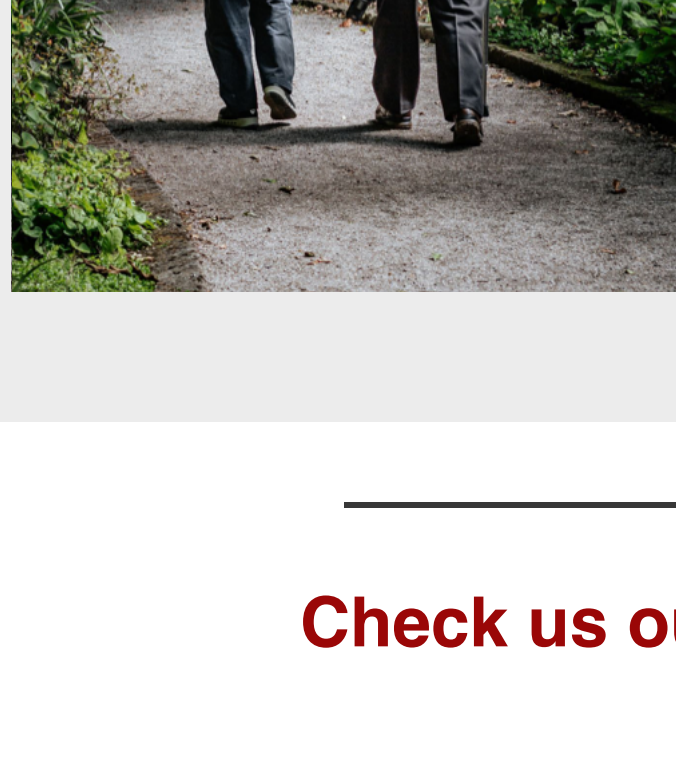
## Events



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.