

September, 2021

We have made it to September and many of us thought life would have returned to normal by now, but once again, the Covid numbers are climbing and we will have to wait to do some of the things we used to do. On the positive side, most of us have been able to get vaccinated, so our chances of getting seriously ill are less. If you have PD and are still wondering if you should get vaccinated, please read this to find out what the experts at the Michael J. Fox Foundation are recommending.

Despite the rise in Covid numbers, our local Parkinson's community continues to be very active. Some groups are meeting in person and some are still virtual so

I also have exciting news to share with you. The Anaheim Support Group is up

there should be something for everyone.

and running again. Thanks to Joan Belanger for running this group! And can you take a little more good news? **Dr. Mindy Bixby**, who has been working at Scripps, is returning to Orange County! Dr. Bixby will be joining Hoag as of November 1st. Welcome back to OC Dr. Bixby! For any of you who are newly diagnosed, Dr. Bixby will be speaking at our Jump Start event on Sept. 11th. You don't want to miss it. Details can be found below.

Stay cool and stay well but please don't let the heat or the pandemic keep you from staying connected to your PD community.

in collaboration with Rogue P.T. & Wellness

Thank you for joining me in the pursuit of wellness. Lauren Simmons

Saturday, September 11th 10:00am-12:30pm PST online via Zoom A special event for people newly diagnosed with Parkinson's Get started with the right resources, information and support to live your best life. Featuring presentations by: **Tr. Mindy Bixby** Claire McLean DPT, NCS Movement Disorder Neurologist Physical Therapist/Founder Rogue PT & Wellness Learn about the programs and services available in OC Sign up for a free one on one session to answer questions and connect you with resources. Althought this event will highlight resources in Orange County, the information provided is appropriate for anyone within three years of their Parkinson's diagnosis. This is a free virtual event but registration is required. Please register at: pdbuzz.com/connection This meeting is supported by a grant from the

September Support Groups **South OC Support Group** Sept 2nd Virtual meeting Sept. 8th Saddleback Church Support Group Virtual meeting Sept. 10th **Korean Americans Support Network** Meeting in person - Fullerton Sept.13th **Fullerton Support Group** Meeting in person - Fullerton Sept.13th **South OC Care Partner Support Group** Virtual meeting **Anaheim Support Group** Sept.14th Meeting in person - Anaheim **Fullerton Care Partner Support Group** Sept.16th Meeting in person - Fullerton Sept. 20th Capriana Warriors Support Group Meeting in person-Brea Sept. 27th South OC Care Partner Support Group Virtual meeting Click here for times, locations etc of all meetings Gurround yourself with people who get it.

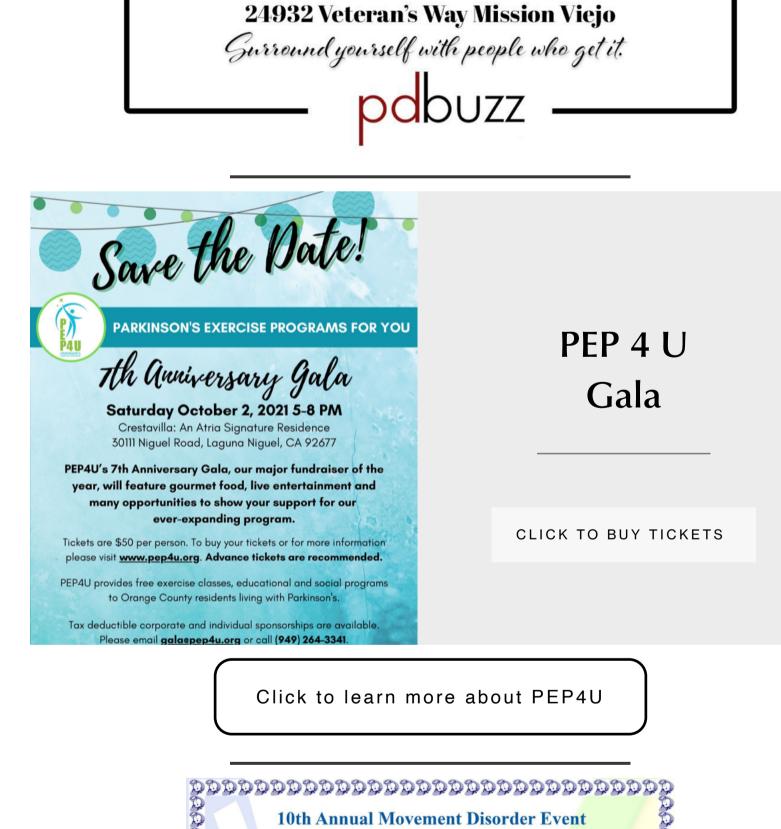


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9:30 am



Murray Center in Mission Viejo. We will be hanging out

around the patio area. This is not a support group meeting,

just an informal time to visit with each other. Care partners

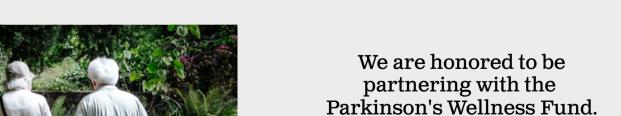
September 18th

and newcomers are welcome to join us.

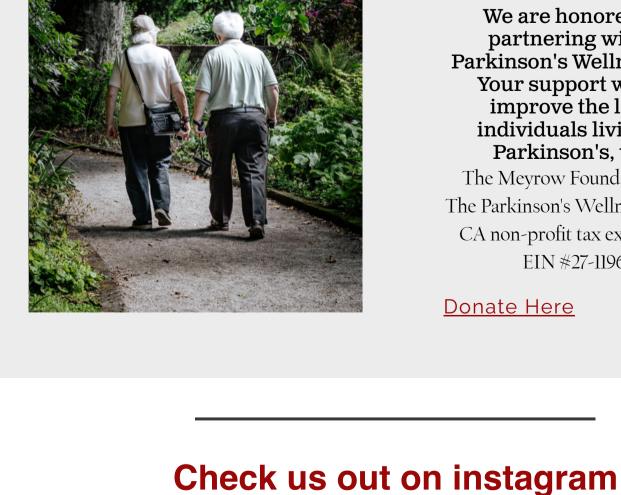
It's time to catch up!

Saturday





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



2021

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 50lc3 EIN #27-1196792 Donate Here

VISIT OUR CALENDAR



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