


April, 2021

## April is Parkinson's Awareness Month!



It worked for polio. Let's make it work for Parkinson's.

We want to send 100,000 cards to President Biden.

[FIND OUT HOW](#)



### We're going walking!

## Parkinson's Walking Club

Orange County, CA

**When:** April 3, 2021  
10:00 am

**Where:** Oso Creek Trail

*Bring a friend!*

[Click for more details](#) ▶

[pdbuzz.com/events](http://pdbuzz.com/events)



### A special event for people newly diagnosed with Parkinson's

April 17th 12:00-3:00 pm PST

PD Buzz is excited to be partnering with Claire McLean at Rogue PT to bring this program to our area. On April 17th, we will be holding our Jump Start class for those newly diagnosed with Parkinson's.

This special event is designed to help those newly diagnosed get started with the right resources, information, and support to live their best lives.

Presentations by:

- **Dr. Mindy Bixby**  
Movement Disorder Neurologist
- **Claire McLean DPT, NCS**  
Physical Therapist
- **Lauren Simmons**  
PD Buzz Founder

- Demonstrations from local Parkinson's programs
- Inspiring talks from people living well with Parkinson's

Due to Covid restrictions, this event will be virtual.

**Advance registration is required. [Click here to sign up.](#)** ▶



Not signed up yet?  
[Register at MovingDayOrangeCounty.org](#)

## JOIN US FOR A MOVEMENT DAY!

For the six weeks leading up to Moving Day we are encouraging movement and exercise with weekly walking meet-ups. Participate at your own comfort level -- walk with your team, meet up with other Moving Day participants, or maintain social distance or walk individually.

Be sure to track your steps in the Moving Day App to earn your step rewards and prizes!

**Week 1**  
Sunday, April 11th, 10am  
Mile Square Park  
Fountain Valley

[LWilliamson@parkinson.org](mailto:LWilliamson@parkinson.org) for more info

[JOIN TEAM PD BUZZ FOR MOVING DAY!](#)




## Join a Support Group Today!

"We are better when we fight together."

There are support groups available in Orange County for people with PD and their care partners. Most groups are still virtual right now so it is a great time to try one out.

[Click to find a support group](#)

## Events



Besides our support group meetings, there are lots of events happening during Parkinson's Awareness month. Be sure not to miss any.

[VISIT OUR CALENDAR](#)

### A Note about Advocacy

by Lauren Simmons - Founder of PD Buzz



"Change isn't going to happen without action and the time to act to end Parkinson's is now."

April is Parkinson's Awareness Month but for me, every month is Parkinson's Awareness month. In fact, every day is Parkinson's Awareness Day! I don't have a choice. Parkinson's is with me every step of every day...24/7/365 forever. It isn't going anywhere. And that is why I need your help. We need to join together as a united group, people with PD, their families, friends, and professionals and demand more assistance in fighting PD. You can do this by going to [endingpd.org](http://endingpd.org) and finding out how to send your request to Washington. You can also do this by educating yourself and others about Parkinson's. Dr. Michael Okun recently stated that people now have a 1 in 15 chance of getting diagnosed with Parkinson's! The numbers are skyrocketing and it is not ok! We can do something about this but it will take action by all of us.


For those of you with Parkinson's, I know it can be a struggle to think about being an advocate while just trying to deal with PD. Be your own advocate by taking care of yourself. Take time each day to exercise, eat a healthy diet and stay connected to your family, friends and your PD Community.

Starting in April, I challenge all of you to educate at least one person a day about Parkinson's. (Thanks to my friend, [Allison Smith](#), the [Perky Parkie](#), for this idea). Let's raise awareness and end PD together.

I hope to see you all soon. Until then, stay strong and be fierce!

*Lauren Simmons*

*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.