

Wow! Covid restrictions got lifted and the PD community in Orange County jumped into action. We had some great events happen in June. Check out the photos below and see if you recognize some friendly faces. There was a lot of anticipation to finally be able to participate in person and the events didn't disappoint. They were great fun. I'm hoping more of you join them in the future. Many support groups are now meeting back in person and others on working on the transition so stay tuned. July isn't quite as busy with events so take the time to enjoy your summer with family and friends and have a great 4th of July.

### July Support Groups

July 1st

**South OC Support Group**  
**Virtual meeting with guest speaker**  
**Marty Acevedo discussing nutrition and PD.**

July 5th

**Fullerton Support Group**  
**Meeting in person**

July 9th

**Korean Americans Support Network**  
**Meeting in person**

July 15th

**Fullerton Care Partner Support Group**  
**Meeting in person**

July 19th

**Capriana Warriors Support Group**  
**Meeting in person**

July 19th

**South OC Care Partner Support Group**  
**Virtual meeting**

Click below for times, locations etc of all meetings

CLICK HERE FOR SUPPORT GROUP MEETING DETAILS

### Orange County Parkinson's Walking Group



With warmer weather upon us, we are seeking cooler places to walk. This month, we are walking the Buck Gully Trail in Corona del Mar.

Thursday July 22nd

10:30 am

Bring your energy, your friends or family, and plenty of water.



Click here for directions and more information. ▶



### Sage Says

As the body changes, what is left is soul.

#### Rise Up

by Sage Bennett

I awake on Tuesday at 7:00 a.m., a day I will not be going to the gym. Morning light streams through the window.

It's another beautiful, southern California day. My meds have kicked in. Dopamine flows through my brain. I head toward the treadmill that is against the wall in my home office. A large print of sailboats with white sails, sandy beach, and palm trees hangs within view. I have a desire to mount this steed and ride like the wind. The promise of reducing my symptoms and slowing the progression of Parkinson's is within reach if only I can get on the grey, steely machine and start stepping, one foot in front of the other, alternating long strides. I'll feel better, less stiff, more mentally alert. Get on the treadmill! Instead, I'm pulled backwards in the opposite direction, into the inertia vortex of bradykinesia, slow movement, a common Parkinson's symptom. How am I ...

continue reading ▶

### Your Community in Action









On June 5th, moms, dads, grandparents, kids, cyclists, runners, and walkers joined together with Bob Lear in Irvine for the SoCal Ride for Parkinson's. It was a beautiful day full of laughter, fun and support for the Parkinson's community. This year they raised \$43,500 for the Michael J. Fox Foundation!

Well done everyone!

Bob Lear, your are a super star!

CHECK OUT MORE RIDE PHOTOS HERE




Ever see one of your movement disorder docs or your physical therapist on a spin bike? The docs from UCI were sweating along with the PTs from Rogue for the Parkinson's Foundation Revolution event on June 12th. Of course we had some folks with PD getting their exercise in also. It was a giant dopamine boost for all!

Save the date for next year February 26, 2022



### Events

2021

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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

### A Note from PEP4U

#### Harness the Power of Your Team!

by Ernie Atkins

Hi, I am Ernie #2 (more on that in a bit), I am happy to have this opportunity to discuss my journey with Parkinson's Disease. That journey started over eight years ago when I was a 58-year-old Scientist considering early retirement with plans to travel the world. The PD diagnosis sealed the retirement decision and diminished my world travel plans.

Since my diagnosis and introduction to PD, I have learned quite a bit, primarily by trial and a lot of errors. You will discover that a team approach helps navigate this lifetime PD trail with all its switchbacks, plateaus, and unrelenting terrain. Your team is key to "living well" with this insidious disease. Over the years, I have created a "team" to help me navigate this crooked trail. I will briefly describe my team in the hope you will establish your own.

First and foremost is my wife, Rebecca. She provides unconditional love, support, and understanding. Next is the team at the Parkinson's Exercise Program 4 You (PEP4U), which I was introduced to by Ernie #1 nearly eight years ago. At that time, we were a tiny group, but we had an ace in the hole – our staff of certified therapists. At that time, we had our core– Tricia, Gail, and Arnee. Since then, we've added others, including Stephanie, Cynthia, Cathy, Andy, Susan and the support staff around them, with Ernie #1 leading the way. The classes are back in person at the Laguna Niguel YMCA and our newest location, the Newport Mesa YMCA. So, if you are in the neighborhood, check out our class schedule and join our team. The camaraderie is palpable, and the activities can improve your quality of life instantly.

Of course, a Movement Disorder Neurologist must be part of your team. But honestly, I get so much from the PEP4U program, I had to put them at the top of my team. And there is a reason they're the most influential: exercise, activity, and socialization are the antidote to all motor and most nonmotor symptoms for me.

My final point, education also contributes to learning to "living well" with PD. The volume of reliable information on the Internet has exploded. Visit these two sites, at a minimum: davisphinynefoundation.org and MichaelJFox.org. Also, I would be remiss if I did not include a link to the PEP4U Education Hour (www.pep4uwellness.org/pd-education-hour). Every other Friday, I host an informative webinar on Zoom. We have had 21 sessions to date – join us for the next on July 9th.

Click for a link to the PEP4U class schedule ▶



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

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**pdbuzz**  
Your local Parkinson's connection




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