

AUGUST, 2023

BUZZWORTHY

The official newsletter of PD Buzz

Your Orange County Parkinson's Connection



GET CONNECTED TO THE
OC PARKINSON'S COMMUNITY

**FIND A SUPPORT GROUP
IN YOUR AREA**

**LOOKING FOR A
PARKINSON'S EXERCISE
PROGRAM?**

NEWLY DIAGNOSED?

CONTACT PD BUZZ



I Scream, You Scream, We all Scream for Nice Cream

Can we go non-dairy and still enjoy our treats?

Some researchers are indicating that people with Parkinson's should avoid dairy products.

The reasoning behind this is two-fold. Dairy products often contain pesticides and dairy can lower uric acid levels. Studies are showing that uric acid may be neuroprotective for people with P.D.

On July 18th, the Parkinson's Connection group held a "Nice Cream Social." That is not a typo.

It was "nice cream" because all our treats were dairy free. And the verdict is in...everyone really enjoyed both the store bought products provided by Trader Joe's and the homemade treats. You can find the recipes for both Chocolate Peanut Butter Nice Cream and Watermelon Gelato on page 4 of this newsletter.

Highlights Coming in August



South OC Support Group

Guest Speaker : Chloe Hill

Speech Pathologist

When: August 3rd 4:00 pm

Where: Norman P. Murray Center
24932 Veteran's Way
Mission Viejo

[Learn More](#)

UCI Virtual Support Group

Guest Speaker : Gladys Newbury MSW, LCSW

Topic: Mental Health and Parkinson's

When: August 15th 5:00 pm

Contact Brandee Lagasse to register
blagasse@hs.uci.edu

UCI Health

[Learn More](#)



Parkinson's Connection

Join us for pingpong, board games and some general hanging out. This month we will be sampling some cool summer mocktails that are healthy and refreshing.

When: August 16th 1:00-3:00

Norman P. Murray Center
24932 Veterans Way
Mission Viejo

This will be the last meeting of the Parkinson's Connection at the Murray Center...at least for now. It's been fun hanging out.

Fox Foundation Evening Reception

When: August 17th

Where: Marina del Rey Marriott

Topic: PD Research and the PPMI Study

Appetizers and drinks will be provided.
This event is free but registration is required.

[Learn More](#)



PARKINSON'S
PROGRESSION
MARKERS
INITIATIVE

Play a Part in Parkinson's Research

PPMI is a landmark study collaborating with partners around the world to create a robust open-access data set and biosample library to speed scientific breakthroughs and new treatments.

Save the Date

Coming October 14, 2023

Hoag Parkinson's Symposium

The folks at Hoag have put together quite a line up of guest speakers and topics for this full day free seminar at the Oasis Center in Newport Beach.

Registration is required.

[Learn More](#)



Coming October 28, 2023

Jump Start for Newly Diagnosed

A Parkinson's diagnosis can be overwhelming. This seminar is specifically designed to start you on your way to living well with Parkinson's. You will learn the basics, find out how a healthy lifestyle can help manage symptoms, and get connected to the Orange County Parkinson's community.

This free seminar is appropriate for anyone within a few years of diagnosis.

[Learn More](#)



Update from Washington



The National Plan to End Parkinson's Act has been favorably reported by the House Energy and Commerce subcommittee and will go on to the full committee. This is good news! It makes it one step closer to getting passed but we still need your help.

[Sign the Petition](#)

Chocolate Peanut Butter Nice Cream

by Happyhealthymomma.com

- 4 bananas, sliced and frozen
- 1/3 cup cocoa powder
- 1/3 cup peanut butter
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon sea salt
- Place all ingredients in the food processor.
- Process the ingredients until you have a smooth mixture that resembles ice cream. Scrape down the sides of the food processor bowl 2-3 times during the processing.
- Serve immediately. Made be stored in a freezer-safe container.



Watermelon Gelato

Recipe by Dreena Burton

*This recipe was recently made by Erin Gallardo for the Rogue PT & Wellness cooking class.

INGREDIENTS:

- 5 cups frozen cubed watermelon*
- 1 cup sliced, overripe banana (frozen or room temp)
- 1/2 - 1 Tbsp vegan sweetener of choice like agave or maple syrup, OPTIONAL
- 1-2 Tbsp raw cashew butter, OPTIONAL (for added creaminess)
- METHOD:

1. Add watermelon and banana to a food processor (a blender, even a high speed blender, may not work well with this recipe because there isn't enough liquid). Pulse first to mince the frozen fruit, then once in slivers or small pieces, switch to puree.
2. Puree until smooth, stopping to scrape down the food processor once or twice. Taste, and if you'd like it a little sweeter, add the sweetener to taste. Serve, or transfer to the
3. freezer for an hour or more for a firmer set gelato to scoop out.

Notes:

- Cube the watermelon and freeze it on a baking sheet. This allows it to be much easier to measure and blend because the chunks will be individually frozen instead of a large block. Watermelon freezes quickly and you can then put the frozen cubes into a bag or container in the freezer until you're ready to use it if you like.
- Don't add liquid to the puree! The watermelon is already very moisture-rich, so let it do its thing!
- If you want to make it creamier, adding 1-2 Tbsp or coconut cream will do the trick! It is not recommended to use roasted nut butter or almond butter because the flavor is not mellow enough to be masked.
- Sweetener is totally optional. It will likely be sweet enough without, but some may prefer a little sweeter.
- A touch of lime juice would also be delicious here!



**Thanks for the
recipe
Rogue PT!**