

# BUZZWORTHY

The official newsletter of PD Buzz

Your Orange County Parkinson's Connection



*"The message is so simple, yet it often gets forgotten... the people living with the condition are the experts."*

Michael J. Fox

**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**



## **Do You Really Need a Support Group?**

By LAUREN SIMMONS

Like many others, I avoided going to a support group for quite a while after my diagnosis. When I look back, I was in a support group early on. I attended a Parkinson's exercise program and we often showed up early to class or stayed after to chat. While we stretched, we discussed upcoming events and the latest research. We met for coffee, went to lunch, and shared information about PD along the way. Those who had lots of experience with PD, shared tips and tricks with those of us who were newly diagnosed. The information was invaluable. Before I knew it, I was one of those who was sharing my knowledge with the newbies. This is what a support group does.

Seven years later, I help lead several groups and I rarely attend a group where I don't come away with some nugget of information that may help me live better with PD.

We are fortunate in Orange County to have many support groups, both in person and virtual, including groups for care partners, women with Parkinson's, faith based groups and even a group for care partners of those with dementia. Every group is a little different and I always recommend trying different groups to see where you feel most comfortable. Parkinson's shouldn't be faced alone. If you are not in a group, consider joining one. You may find out that the group has just what you need. And you may find out that you have just what the group needs. You can find a list of OC support groups [here](#).

# Highlights Coming in September



Sept. 7th

4:00 pm

South OC Support Group

Guest Speaker: Dr. Kaitlin O'Brien PhD

from the Brain Wellness Institute

Where: Norman P. Murray Center

24932 Veteran's Way

Mission Viejo

[Learn More](#)

## September 8th

### SoCal Ride/Walk for Parkinson's Angels Night




Come join the SoCal Ride/Walk folks for a baseball game on Sept. 8th. This is not a fundraiser, just a fun night out. Tickets are \$38.

Contact Brian McGuire if you are interested at [bmac55@cox.net](mailto:bmac55@cox.net)



## Sept 18th




### DEEP BRAIN STIMULATION VS FOCUSED ULTRASOUND

*Presented by Movement Disorder Neurologist,  
Dr. Nita Chen*

*Discussion of various surgical and advanced treatment strategies in individuals with Parkinson's Disease. We will define Deep Brain Stimulation as well as Focus Ultrasound as treatment strategies, discuss the pros & cons, and compare them against current treatment modalities.*


**Monday, September 18th  
1:30PM  
at I AM Movement**



**Dr. Nita Chen, Movement  
Disorder Neurologist**

**RESERVE YOUR  
SPOT NOW!**

[info@iam-movement.com](mailto:info@iam-movement.com)



**I AM Movement**  
Home of Rock Steady Boxing Irvine

17775 Main Street, Suite E  
Irvine, CA 92614

[Learn More](#)



ROGUE

PHYSICAL THERAPY & WELLNESS

# LIVING WELL WITH PARKINSON'S - EDUCATIONAL SERIES -

A FOUR PART SERIES ON WHAT THE RESEARCH SHOWS YOU  
CAN DO TO IMPROVE YOUR HEALTH WITH PARKINSON'S

**2nd Tuesday of the month from 2:30-3:30pm**

**Meeting in-person at the Rogue Gym**

**18030 Magnolia Ave, Fountain Valley 92708**



**1**

## SEPTEMBER 12 INTRO: BUILDING YOUR TEAM

Learn about the different  
healthcare professionals  
who can support you!



**2**

## OCTOBER 10 PARKINSON'S AND EXERCISE

Learn the latest research on how  
exercise can improve Parkinson's  
symptoms, overall health and  
possibly slow disease progression.



**3**

## NOVEMBER 14 PARKINSON'S AND NUTRITION

Learn what the latest  
research says about  
nutrition and it's  
influence on Parkinson's.



**4**

## DECEMBER 12 PARKINSON'S AND OVERALL WELLNESS

Learn how sleep, meditation,  
social support, and mental  
health play a role in  
Parkinson's.

To register go to our website:  
[roguept.com/living-well](http://roguept.com/living-well)



Or use the QR code!

**Register Here**



# 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](#)**

**Coming October 29, 2023**

**Paul Mayhew Archer**

## **Parkinson's: The Funny Side**

Comedy writer and person with Parkinson's, Paul Mayhew Archer, was a huge hit at the World Parkinson Congress. Sharon Krischer (aka Twitchy Woman) has booked Paul on October 29th for a virtual hour of fun and laughs. This presentation is open to all. Tickets are free but donations are appreciated.

Many thanks to Twitchy Woman for sponsoring this.



**[Get Tickets](#)**

## TIPS AND TRICKS

**Have you found something that helps you live well with PD? It can be a product, a recipe, a website, a book or maybe something else. Let us know and you may see your idea in our newsletter. Send your ideas to [info@pdbuzz.com](mailto:info@pdbuzz.com)**

ParkinsonSecrets.com

submitted by Lauren Simmons



Parkinson Secrets is a blog written by three doctors, Michael Okun, Indu Subamanian, and Jonny Acheson. I like the posts because they are short, easy to understand and contain current information. It is a great way to stay informed and get reminders about pertinent PD information. You can check out the blog or subscribe to it [here](#).



Kizik Shoes

submitted by Lauren Simmons



I have purchased a couple of pair of these for my mom and a couple of pair for myself. We both love them. They are slip ons. You don't need to tie them, you just push your foot down into them. I have worn them often and have also tossed them in the washer and they held up well. They have many styles and colors for men and women. You can check them out [here](#).

**Send your tips and tricks to [info@pdbuzz.com](mailto:info@pdbuzz.com)**



No person should leave the doctor's office with a life-changing diagnosis, and no resources for local support in their hand.

Please help us spread the word by telling your providers about PDBuzz.com.

