

# BUZZWORTHY

The official newsletter of PD Buzz

Your Orange County Parkinson's Connection

*"And all at once,  
Summer collapsed into Fall."*

*Oscar Wilde*

**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**



## Expect the Unexpected

*By Lauren Simmon*

When you (or your loved one) were first diagnosed with Parkinson's, did anyone tell you that the future was going to be full of surprises? Like...poof...surprise, that medicine that worked just fine yesterday, has stopped working today but never fear, it may work again tomorrow. Or...surprise, your toes have taken on a mind of their own and are now dancing to their own tune. Not all the surprises are bad. Did anyone tell you that you might become part of a community full of resilient, caring, and determined warriors? Did you ever imagine that at your age...whatever that age might be, you would be stronger than you ever thought possible and would be spending hours a week in the gym and enjoying it?

One thing for sure that Parkinson's has taught me is to expect the unexpected. The only thing I can do to prepare for the unknown is to educate myself. By doing this, I am better equipped to handle whatever comes my way.

I can't see into the future but I do know that the future holds many opportunities to learn about Parkinson's. Some of those opportunities are happening this month, right here in Orange County. I urge you to take advantage of the seminars, workshops and groups so that you too can be prepared for all those surprises that Parkinson's is sure to bring.

## Congratulations Erin Angelo!



At the recent US Dance Championships, Erin Angelo, executive director of Rx Ballroom Dance, was awarded the Martin Chiang Perpetual Trophy of Dance Excellence. This award is given to one who has made significant humanitarian efforts and outstanding contributions to the dance community. Your hometown crowd is celebrating with you Erin. We are so proud of you and thankful for all you do. You can find out more about Erin's program at [rxballroomdance.com](http://rxballroomdance.com).



# Highlights Coming Up

**October 14th**

## **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](#)**

**October 28th**

**Jump Start:**

## **A Seminar for the 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](#)**

**November 4th**

## **UCI Parkinson's Symposium**

Learn about the latest in treatments and research from the Movement Disorders staff at UCI. The guest speaker is Giselle Petzinger from USC Keck School of Medicine. This is a hybrid seminar so you can attend in person or online.

**UCI  
Health**

**[Learn More](#)**



**SATURDAY  
OCTOBER 28, 2023**

**A Special Event For Those Newly Diagnosed With  
*Parkinson's***

*Get started with the right resources, information and support to live your best life.*

## Featuring



**BELINDA  
STEWART-BURGER  
MSN, RN**

Learn the basics of Parkinson's disease and ask questions!

Belinda is the Nurse Navigator in the Hoag Movement Disorders Department



**CLAIRE  
MCLEAN  
PT, DPT, NCS**

Find out how exercise and a healthy lifestyle can help minimize symptoms.

Claire is the owner of Rogue PT & Wellness and a Neurological Physical Therapist who specializes in Parkinson's.



**LAUREN  
SIMMONS**

Hear from someone living well with PD and find out about local resources.

Lauren is a person living with Parkinson's and the founder of PD Buzz.

## YOU CAN LIVE WELL WITH PARKINSON'S

A Parkinson's diagnosis can be overwhelming but you are not alone and there are numerous resources for you right here in Orange County. This seminar is appropriate for anyone within three years of their diagnosis.



### Rogue PT & Wellness

18030 Magnolia St.  
Fountain Valley, CA  
(714) 276-3992

### October 28th

10:00-12:30  
Doors open at 9:30.  
Come early and visit  
with local programs.

### Registration

This is a free program but registration is required. Registration and details at [PDBuzz.com/jumpstart](https://PDBuzz.com/jumpstart)

This program is brought to you by:

Rogue  
PT & Wellness  
and  
PD Buzz



# **Register Here**





**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](http://roguept.com/living-well)**

# Save the Date

## Coming November 4, 2023 UCI Parkinson's Symposium

### UCI Health



## 2023 Parkinson's Symposium

### From diagnosis to treatment

Join UCI Health for our annual Parkinson's Disease Symposium for patients and their caregivers. This year, we invite you to learn about the latest updates in Parkinson's disease differential diagnoses and treatment.

### Registration

This is a free event, but registration is required. We will offer in-person and virtual attendance options.

**Register at:** [ucihealth.org/parkinsonsevent](https://ucihealth.org/parkinsonsevent)



Questions?  
contact Brandee Lagasse  
at [blagasse@hs.uci.edu](mailto:blagasse@hs.uci.edu)  
or 714-456-8311



**Saturday, Nov. 4, 2023**

**8 a.m.-1 p.m. — In Person**

**8:30 a.m.-1 p.m. — Virtual**

311 W. Peltason Dr.

Irvine, CA 92697

in the UCI Student Center  
Pacific Ballroom

Parking is available across the  
street in the Student Center  
parking structure.

*\*Please note: Virtual attendees  
can log on early at 8:30 a.m.,  
with introductions starting  
at 8:45 a.m.*

**Learn More**



# 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)**

## Music in Medicine

Submitted by Tony Arant



Tony Arant is a Certified Clinical Musician who for the past seven years, has played piano bedside to patients at Baylor University Medical Center in Texas. In 2020, PBS did a piece featuring Tony. You can watch it here: [Music in Medicine](#). After recently retiring, Tony recorded nine albums of music and they are now available to anyone on streaming services like Apple Music and Amazon Music. You can find his music by searching for “Familiar Treasures” on these streaming services or going to [Familiartreasures.com](http://Familiartreasures.com).

## Smoothie Bombs

submitted by Lauren Simmons



Smoothie Bombs are a great way to use up leftover greens and get some nutrition in your smoothie. I blend spinach and/or kale in a blender with a little bit of almond milk and then pour into ice cube trays and freeze. Each day I throw a couple of these nutritious bombs into my smoothie with frozen berries and bananas. It adds nutrition, and keeps it nice and cold. I start almost every day with a smoothie, even when I am traveling. Smoothies are my way of adding some fruits and veggies to my diet that I otherwise wouldn't get. I even recently purchased a portable blender to take on trips. It was inexpensive, is small enough to fit in my suitcase and works great.

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



**FOREVER YOUNG  
THERAPY**

In-clinic services at I AM Movement

**LIMITED TIME:  
FREE ASSESSMENTS!**

Meet with our experienced physical & occupational therapists

Stop by Forever Young Therapy's clinic on Fridays  
from 10am-4pm for your **FREE** physical therapy and/or  
occupational therapy assessment!

Nader Theodory, DPT | Randy Siegel, OT

Why get a PT or OT Assessment?

Get a personalized physical and functional assessment! At the end of your assessment, you will receive appropriate recommendations and advice.

Clients can expect assessments to last 20-25 minutes.

To schedule an appointment, email  
[team@fytherapy.com](mailto:team@fytherapy.com). Drop-ins welcome.



Forever Young Therapy at I AM Movement  
1775 Main Street, Suite E, Irvine, CA 92614