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.

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 reserach from the Movement Diorders staff at UCI. The guest speaker gis 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 P1 & Wellness and a Neurolgocal 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

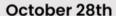
A Parkinson's diagnosis can be overwhelming but you are not alone and there are numerous resources for you right here in Orange County. This seminar is appropriate for anyone within three years of their diagnosis.

Rogue PT & Wellness

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

This program is brought to you by:

Rogue PT & Wellness and PD Buzz



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





<u>Register Here</u>



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



Learn about the different healthcare professionals who can support you!

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.



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

To register go to our website: roguept.com/living-well

DECEMBER 12 PARKINSON'S AND OVERALL WELLNESS

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



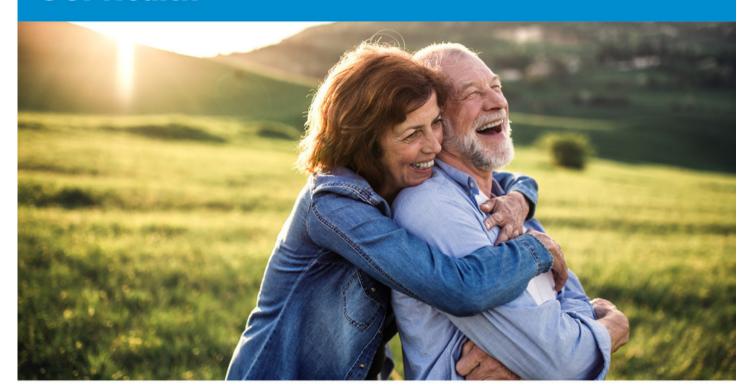
Or use the QR code!

<u>Register Here</u>

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



Questions? contact Brandee Lagasse at 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

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 Familartreasures.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





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. Drop-ins welcome.



Forever Young Therapy at I AM Movement 17775 Main Street, Suite E, Irvine, CA 92614