

BUZZWORTHY

The official newsletter of PD Buzz

Your Orange County Parkinson's Connection



HAPPY THANKSGIVING

**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



Getting Schooled

By Lauren Simmons

It was wonderful to see so many familiar faces at the Hoag Parkinson's Symposium a few weeks ago. There was so much good information presented. If you missed it, it was recorded and should be available to watch soon. I truly believe that an educated patient is a healthier patient and there is another great opportunity to learn coming up. The UCI Parkinson's Symposium is on November 4th. You can attend in person or virtually but either way, I hope you attend. You may learn something that will help your journey with PD be a little easier.

Speaking of learning new things...did you know that free classes are offered for people over 55 all over the county? The classes are through the Emeritus programs at some of the local colleges. There are exercise classes that include yoga, tai chi, water aerobics, and more. Some of the creative options include ceramics, photography, painting, quilting, and creative writing. There are too many options to list. These classes are offered at local community centers or in senior communities so there is a good chance that something is offered near you. The research shows that learning new things and socializing are good for our brains. Here is your opportunity to try something new and it won't even cost you anything. The new semester starts in January but you do need to get registered at the schools and some classes fill up quickly so if you want to join a class, get the process started now.

Check out these links to find a class near you:

[Irvine Valley College Emeritus Institute](#)

[North Orange Continuing Education](#)

[Saddleback College Emeritus Program](#)

Highlights Coming Up

November 2nd South OC Support Group

Special Guest Speaker: Chloe Hill MA, CCC-SLP
All are welcome to join the South OC group for a discussion about the role of Speech Pathology for those with Parkinson's.



[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.



[Learn More](#)

Dec 3rd Tremble Clefs Holiday Concert



It's that time of year again already. The OC Tremble Clefs are holding their holiday concert at the Laguna United Methodist Church in Laguna Woods on December 3rd. Come share the music, the joy and maybe even a dopamine boost.

[Learn More](#)

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



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

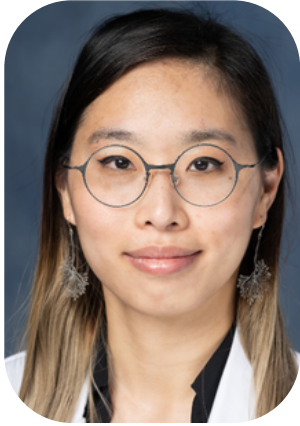
Learn how sleep, meditation,
social support, and mental
health play a role in
Parkinson's.

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



Or use the QR code!

[Register Here](http://roguept.com/living-well)



Meet Dr. Nita Chen

Dr. Nita Chen MD is the newest Movement Disorder Neurologist here in Orange County. Dr. Chen did her residency at UCI and recently completed her fellowship at the University of Florida Movement Disorder Center in Gainesville, where she trained with renowned specialists, Dr. Michael Okun, Dr. Christopher Hess, and Dr. Kelly Foote.

Dr. Chen has a passion for working with people with Parkinson's, especially those going through the DBS process. She is setting up her practice in Newport Beach and plans to include a concierge component to her practice. She speaks Mandarin proficiently.

Fun facts: Dr. Chen is an avid doodler and has a cat named Glia.

You can find more information about Dr. Chen at [Newport Neurology Associates.](#)

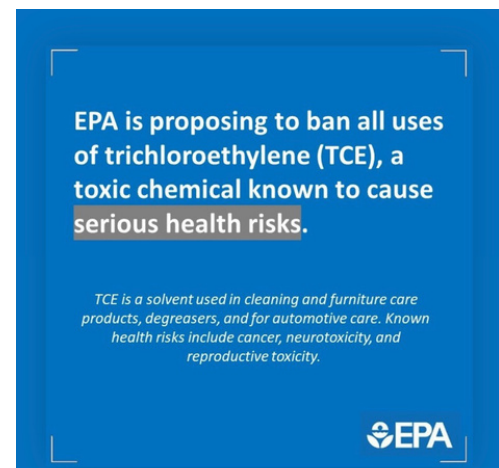
If you would like to meet Dr. Chen, she will be speaking to the South OC Support Group on December 7th at 4:00 pm at the Murray Center in Mission Viejo.

Advocacy in Action

Updates from Washington



[Click to send a letter to your representatives](#)



[Click to send comments to the EPA](#)

“We know how to prevent Parkinson's and we aren't doing it.”

Dr. Ray Dorsey

Save the Date



HO HO HOLIDAY CONCERT

SUNDAY, DECEMBER 3RD
3:30 P.M.

Featuring holiday favorites performed by:

♪ THE OK CHORALE ♪

a choir for people with dementia
& their care partners

♪ THE ORANGE COUNTY
TREMBLE CLEFS ♪

therapeutic singing group for people with Parkinson's
disease and their care partners

♪ SPECIAL GUEST:

SOUTH COUNTY HANDBELL CHOIR ♪

The concert is FREE

YOUR TAX DEDUCTIBLE DONATION IS WELCOME

Laguna Country

United Methodist Church

24442 MOULTON PKWY LAGUNA WOODS, CA 92637

REFRESHMENTS FOLLOWING THE CONCERT

Are you up for a hike?

Are you living with Parkinsons?

Come backpack Catalina Island or dayhike in beautiful Joshua Tree National Monument with other parkies and friends!



Pass to Pass is an organization dedicated to getting able people with Parkinsons outdoors and exercising. From dayhikes to multi-night backpacking trips, we provide opportunities to enjoy life with other parkies and friends. We'd love to have you join us on these upcoming adventures!



February 26-29, 2024

Catalina Island Overnight Backpacking

Description: Hike from Two Harbors to Little Harbor on the road and camp at Little Harbor for 2 nights (about 7 miles one way). Bring some fun food on this easy leg of the hike. Then we will hike the Trans-Catalina trail back to Two Harbor (again about 7 miles).

Skill level: The Trans-Catalina trail is a difficult hike with steep climbs, loose trail and big drop offs. Experienced backpackers only, with appropriate gear and able to carry a full pack for up to 7+ miles with little to no problems. Feel free to bring a support hiker.

March 4-6, 2024

Joshua Tree National Monument Car Camping & Dayhiking

Description: Hike 2-4 miles on mostly flat trails composed of semi hard packed sand to soft sand. You must be able to carry at least 2 liters of water, snacks, meds and 10 essentials. Hikes are not mandatory; you may come just to camp and hang out with a bunch of Parkies.

Skill level: Beginner. For those who can walk up to 4 miles with no balance issues. Feel free to bring a family member or friend to experience the dayhikes with you.



For more information, contact
Derek at derek_torry@yahoo.com



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 so that others can know. Send your ideas to info@pdbuzz.com

Vegan Custard by Healthy Diet For Ever

- 2 cups cashew milk
- 1/3 cup maple syrup agave or granulated sugar (+ more to taste)
- 2 tsp vanilla extract or the seeds from 1 vanilla bean
- 4-5 Tbsp cornstarch (use 4 Tbsp for creamier texture and 5 for a thicker more firm result)
- 1/8 tsp turmeric (optional for) color

Instructions

- In a medium saucepan whisk together the milk, sweetener, cornstarch and turmeric. Bring to a simmer and continue whisking for a few minutes until thickened. (It's important to add the cornstarch to the cold milk to avoid lumps; if added to hot liquid it will make little lumps instantly).
- Stir in the vanilla extract or seeds, remove from heat and allow to cool. During the cooling process make sure to stir a few times to prevent any lumps from forming.
- Transfer the custard to a heat proof glass bowl and whisk well again until smooth. Line the top with plastic wrap or parchment paper to prevent the top from forming a skin. Alternatively just assemble some Napoleons and refrigerate between puff pastry sheets.

Note from Lauren Simmons: After deciding that I needed to decrease my dairy intake, I started looking for recipes that would fill my dairy cravings. I really missed custard and although this recipe isn't as good as the old fashioned custard that I used to make with milk and eggs, it is pretty good. I have made it several times and have made some variations. I think my favorite was adding some chocolate chips and topping it with toasted coconut. You can find variations on healthydiet4ever.com

Send your tips and tricks to info@pdbuzz.com



What are you thankful for?

Vegans!

