

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



September 2024

<https://www.sdccpsg.org/>

NEWSLETTER for • Duopa • Living in the Solution • • Pt. Loma • Speaker Series Chapters

Edition 57

WELCOME TO THE PERSEVERE STUDY

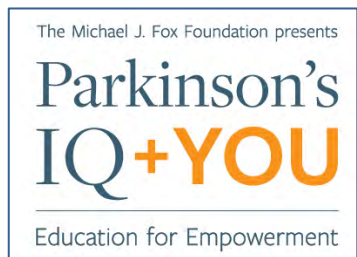


PERSEVERE is a national study funded by the National Institutes of Health, led by Dr. Jori Fleisher at Rush University Medical Center in Chicago, IL, which is testing an educational program for family caregivers of people with Parkinson's Disease with cognitive impairment, Parkinson's Disease Dementia, Dementia with Lewy Bodies, or Lewy Body Dementia. PERSEVERE will test whether a disease-specific, caregiver-centered educational intervention improves caregiver knowledge, confidence, strain, and health outcomes - and whether it helps people living with Parkinson's Disease Dementia, Dementia with Lewy Bodies, or Lewy

Body Dementia, too. Family caregivers will receive weekly educational guidance through a 12-week curriculum with resources and activities. **All participation is virtual and scheduled when it works for you. There are no in-person visits** and the person with Parkinson's Disease, Dementia with Lewy Bodies, or Lewy Body Dementia does not participate--just caregivers. **For more information, please go to:**

<https://redcap.link/PERSEVERE1> or email: persevere@rush.edu.

PARKINSON'S IQ + YOU



Parkinson's IQ + You is coming to San Diego on **Saturday, September 21st, from 9A – 2PM** at the **Omni La Costa Resort & Spa, 2100 Costa Del Mar, Carlsbad, CA 92009**. Presented by The Michael J. Fox Foundation, this free event is designed to empower attendees to manage Parkinson's, learn about the latest research, and connect with local resources. This event is fully accessible and relevant for people at every stage of their journey with Parkinson's. At the event you can "Build your Knowledge" with interactive

sessions, "Connect with the Community" via the Partner Expo, featuring the Parkinson's Association and countywide Parkinson's resources. All registered attendees will receive complimentary parking, free breakfast and a boxed lunch. Live Spanish-language translation services of programming will be offered. **For more information and to register, please go to:**

<http://michaeljfox.org/PDIQSoCal2024>

UCSD STEM CELL CLINICAL TRIAL

UCSD is looking for volunteers who have had Parkinson's for at least 5 years to test a new, experimental procedure for Parkinson's disease. Selected participants will undergo surgery to have allogeneic stem cells, engineered to produce dopamine, injected deep into their brain. Testing, procedures and related care will be at no cost to the patient. **For more information**, please see the flyer on page 9 and/or contact **Research Coordinator, Christian Fulinara: 858.249.4020, cfulinara@health.ucsd.edu**.

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SUPPORT GROUP MEETINGS

LIVING IN THE SOLUTION

Wednesday, September 18th, 1 – 2:30pm

(Third Wed. of each month)

A virtual, topic-specific discussion for People with Parkinson's and Care Partners.

Topic: "Smoothies for Parkinson's"

Speaker: Ingrid Johnson (her book is the "Good Reads")

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/921456572>
Meeting ID: 921 456 572
2. Phone **+16699006833,,921456572#**

PT. LOMA

Tuesday, September 24th, 10:00am – 12:00pm

(Fourth Tues. of each month)

Point Loma Café, 4865 N. Harbor Dr., San Diego 92106

Topic: "Parkinson's Disease: More Than Motor Symptoms" (Nuplazid)

Speaker: Lou Ciampi (Acadia Pharmaceuticals)

Meet, Greet & Eat!!! A live, no host brunch and discussion group for People with Parkinson's and Care Partners.

To make a reservation, email, or call: Dolores Cohenour:
(619) 560-1935 doloresviolacohenour@gmail.com

DO YOU DUOPA?

Saturday, October 26th, 2:00 – 3:30pm

(Fourth Saturday of first month, quarterly)

A virtual, open discussion for People with Parkinson's, receiving or considering Duopa Therapy, and their Care Partners.

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/103963938>
Meeting ID: 103 963 938
2. Phone **+1.669.900.6833,,103963938#**

SPEAKER SERIES

Wednesday, September 11th, 3:00 – 4:30pm

(Second Wednesday of every other month)

Topic: "NUSHU: Revolutionary Wearable for PwP"

Speaker: Reneu Healthcare, Inc.

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/83008945719>
Meeting ID: 830 0894 5719
2. Phone **+16699006833,,83008945719#**

Speaker Series YouTube Video Library:

https://www.youtube.com/playlist?list=PLVw_cYVkJxat8ox40Ycu50uFrS1B18tfl

EXERCISE OPPORTUNITIES

PHYSICAL

Rock Steady Boxing-Downtown

Monday – Friday, 10:30 – 11:45am

Coach Mike Reeder offers his popular boxing class live and via Zoom online video conferencing. To participate, contact Mike. *Fee charged.* info@boxfitsd.com

RX Ballroom Dance

Wednesdays and Fridays (virtual), 11:30-12:15pm

<https://us02web.zoom.us/j/625158852>

Mondays and Thursdays (live), 12:15-1:00pm

4255 Ruffin Rd. Suite 299, SD 92123 (enter S driveway)
Dance classes designed to benefit people with Parkinson's and their care partners. **Free.** 310.938.1620
<http://www.rxballroomdance.com/>

SDSU Adaptive Fitness Clinic

Mon/Wed or Tues/Thurs; Fri opt – several time options

Get fit with PT & Kinesiology undergraduate students as you train in a win-win, supervised clinical setting. *Sliding fee scale.* **Parkinson's scholarships available.** Contact Director, Matt Soto, BS, RKT matt.soto@sdsu.edu

SmartXPD

Patrick LoSasso, CSCS, offers online and on demand exercise classes. Monthly/annual subscriptions offered.
<https://www.smartxpd.com/video-on-demand/>

VOCAL

MusicWorx for Parkinson's (formerly AudAbility)

Music therapy for people with Parkinson's. *Fee charged.*

SDCCPSG scholarships available. Contact Program Director, Cassandra Richtsmeier at: crichtsmeier@musicworxinc.com

eLOUD!

Online LSVT voice and speech exercises for individuals with Parkinson's Disease. *Fee charged; insurance may apply.*

Contact: **Emy D'Angelo** (410) 980-0922 thinkeloud@gmail.com

SongShine – Vocal Maintenance Program

Online vocal music and creative drama classes are being offered to help you communicate more easily and clearly. Click on the link below for their "Video Series": **Free.**

<https://songshineforparkinsons.com/songshineathome/>

Tremble Clefs – Therapeutic Singing

Tremble Clefs chorus offers weekly hybrid (live and online) rehearsals (**Tues, Thurs – 1pm, Wed – 10am**). **Free.** For Zoom links or live locations, email: trembleclefsinfo@gmail.com

SDCCPSG provides information to keep you informed of the latest findings in research, new treatments, and living well with Parkinson's. Although we have speakers on a variety of topics, we do not officially endorse any of them. Our motto is "maintain close communication with your movement disorder specialist/neurologist, and **exercise, exercise, exercise!**"

Please be sure to consult with your physician before starting any form of exercise program.

For a countywide listing of support groups and exercise classes throughout San Diego, please visit:

<https://parkinsonsassociation.org>

IN-FOCUS – MEDICAL RESOURCES

COVID-19 Information

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

California Department of Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

California Immunization Registry

<https://cairweb.org/>

California Digital Immunization Record

<https://myvaccinerecord.cdph.ca.gov/>

San Diego County Health & Human Services Agency

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html

City of San Diego – Coronavirus Information

<https://www.sandiego.gov/coronavirus>

Mobile Medical Service — (save your energy!)

Mobile Medical Services come to you. Services are typically covered by Medicare and/or insurance.

Internists (Primary Care Physicians)

Presidium Health

Pouya Afshar, MD – Director

3111 Camino del Rio North
Ste 625

San Diego, CA 92108

O: 619.738.5566

<https://www.presidiumhealth.com/>

Michael J. Kurisu, DO

3706 Ruffin Road

San Diego, CA 92123

O: 858.587.1822

✓ DispatchHealth – Mobile Urgent Care

Arrives fully equipped to test and treat everything an urgent care can, at the same cost as an urgent care visit. Proudly providing same-day medical care to adults and children throughout San Diego. Open 365 days a year.

O: 619.790.8301

<https://www.dispatchhealth.com/>

Mobile Lab Services

SD Mobile Lab

O: 858-245-6714

F: 619-599-8400

(have lab orders faxed to them to fill)

\$95-\$115 service fee

Mobile Podiatry

Toe-Tal Family Footcare

2604 El Camino Real

Suite 311

Carlsbad, CA 92008

O: 760.331.7259

<https://toetalfamilyfootcare.com/>

Mobile Xray

Pacific Mobile Diagnostics

O: 888.763.9729

F: 602.241.1711

<https://pmdxray.com/>

Mobile Dentistry

Dentist House Call Service

Philip R. Lepor, DDS

O: 858.780.2533

<https://www.dentisthousecallservice.com/>

✓ Mobile Assistive Technology Professional

myPT

Cathy Cortney Alford, ATP, PT

O: 619.701.7489

F: 619.448.7148

<http://myptsandiego.com/>

✓ Mobile Boxing

In Home Boxing for Parkinson's

Vinnie Campanaro

O: 410.446.0838

E: Fightpd123@gmail.com

<https://www.campanaroboxingandconditioning.com/classes>

Clinic & In-Home Kinesiology & Fitness Services

Reneu Health, Inc.

Chris Corpuz, Founder

7551 Convoy Ct.

San Diego, CA 92111

O: 619.263.0239

F: 619.858.2210

info@reneu-health.com

Cerebral Motion

Mickey Burke, MS

Personally Fit, Inc.

11610 Iberia Pl, #100

Rancho Bernardo, CA 92128

O: 858.248.6828

mickey@cerebralmotion.com

Parkinson's Equipment Exchange Program

In need of a **free** mobility device? The Parkinson's Association of San Diego has donated mobility equipment available – used walkers, wheelchairs, canes and other items. Their free mobility device program is being run by **Harmony Home Medical**. For information or to donate equipment, please contact them directly at **858.560.8177**.

Home Safety Program

Jewish Family Services Fix-It Program

O: 858.637.3210

<https://www.jfssd.org/our-services/older-adults/home-safety-modification/>

When you or someone you care about is concerned about fall prevention, JFS Fix-It Service provides a four-point safety check, along with minor safety repairs and modifications to improve your mobility and security at home. All services are completed **free-of-charge** by a pre-screened team of volunteers.

Simple Changes to Make Your Home Safer as You Get Older

<https://www.uhhospitals.org/blog/articles/2020/08/simple-changes-to-make-your-home-safe-as-you-get-older>

✓ = new resource listings

PARKINSON'S LIFE HACKS

Life Hacks: /'lif,haks/ • *Tools or techniques that make some aspect of one's life easier or more efficient.*



August was MedicAlert Awareness Month – Founded in 1956, the MedicAlert Foundation developed the first universal medical identification system. It all started with the simple idea that **sharing critical medical information in an emergency** could save and protect lives. Do you have a **MedicAlert bracelet?**

Available through Amazon.com.
<https://www.amazon.com/>

GOOD READS



'''Smoothies for Parkinson's: A Recipe for Vibrant Living', written by San Diego's own Ingrid Johnson & Toni Fairman, invites you on a culinary journey tailored to uplift spirits and fortify the bodies of those living with Parkinson's. Celebrating resilience and promising brighter, healthier days, this recipe book showcases a curated collection of smoothie recipes blending taste, nutrition, and empowerment."

Available through Amazon.com.

<https://www.amazon.com/>

To submit a Parkinson's Life Hack or Good Reads book, please send an email to:
nfloodberg@gmail.com

PARKINSON'S COMMUNITY RESOURCES

Parkinson's Association of San Diego (PASD)

Executive Director: Chris Buscher

info@parkinsonsassociation.org

English website: <https://parkinsonsassociation.org/>

Spanish website: <http://www.es.parkinsonsassociation.org/>

FACT Transportation: 888.924.3228 Monday – Friday 7:30 AM to 8:00 PM. Please call 72 hrs ahead to schedule transportation. Fee charged.

RideFACTNOW is available for San Diego County residents with disabilities using a mobility device in need of a wheelchair accessible van (WAV.) This on-demand para-transit service operates on a same-day basis, with as little as one-hour notice. Cost: \$10 for a one-way ride. Please call 888.924.3228 for information, or to request a ride.

County of San Diego Resource Line

Available 24/7 – 211

County of San Diego Access & Crisis Line

Available 24/7 – 888.724.7240

Nationwide Suicide Hotline

Available 24/7 – 988

SDCCPSG BOARD & VOLUNTEERS

President – Support Group Leader

Nancy Floodberg nfloodberg@gmail.com
619.857.6638

Vice-President

Jim Paterniti jpaterniti@san.rr.com

Member-at-Large

Patsy Manning patsymm@gmail.com

Secretary

Susan Howard threesunflowergirls@gmail.com

Social Committee

Dolores Cohenour doloresviolacohenour@gmail.com

Treasurer

Dolores Cohenour doloresviolacohenour@gmail.com

Newsletter (to subscribe please email Publisher)

Editor

Publisher

Nancy Floodberg nfloodberg@gmail.com

Distribution/Mailing

Barbara Clark

BOARD MEETING

Monday, September 9th, 10:00am – 11:30am

Via Zoom Online & Telephone Conferencing

Online: <https://us02web.zoom.us/j/408133800>

Phone: +1.669.900.6833, 408133800#

Contact: President – Nancy Floodberg
619.857.6638 nfloodberg@gmail.com

SDCCPSG mailing address:

P.O. Box 82575
San Diego, CA 92138

SDCCPSG website:

<https://www.sdccpsg.org/>

SDCCPSG is a 501(c)3 non-profit organization, dedicated to serving our local Parkinson's community. Your donation of funds and volunteer services are greatly appreciated. Thank you!

PICTURES & POSTINGS FROM OUR PARKINSON'S COMMUNITY

(Have pictures, a poem, or experience to share? Please send them to nfloodberg@gmail.com)

IN CELEBRATION OF A LIFE WELL-LIVED!

MARTIN ADLER

November 11, 1946 – June 11, 2024



Dr. Martin E. Adler was born on November 11, 1946, in Long Branch, New Jersey. He was a devoted husband, father, brother, grandfather, friend, and physician. On June 11, 2024, at the age of 77, Martin passed away peacefully in San Diego, CA, following a long struggle with Parkinson's Disease. Consistent with his humor and love of finding patterns in numbers, he was born on the 11th day of the 11th month, passed on the 11th day at the 11th hour, and at an age divisible by 11.

Growing up in the small town of Oakhurst on the Jersey shore, Martin attended grammar school in Ocean Township and high school in nearby Asbury Park. He met the future love of his life, Eileen Keppler, when he was only five years old-and she was four. Eileen had shared a double carriage with her twin brother, and her parents gave it to the Adler family when Martin's younger twin brothers were born. Martin attended Rutgers, the State University of New Jersey, and then medical school at Tufts University in Massachusetts. He completed his medical training in

Boston, then-with his new wife, Eileen, and their first son, Jeremy-moved west to attend the University of California at Davis for a fellowship in endocrinology. Although Martin claimed that he was drawn to endocrinology to treat diseases of the thyroid, his journey took him to become an expert in diabetes. He practiced medicine for nearly 30 years upon relocating to San Mateo, California, where he and Eileen purchased a home and welcomed their second son, Matthew. Martin eventually became the head of endocrinology for San Mateo County General Hospital. He was noted for his commitment to serving all patients with compassion and dignity. Martin retired in 2003, and he and Eileen moved to San Diego in 2005 to be closer to their first grandson.

Martin understood the importance of physical and mental activity, enjoying sports throughout his life. A long-standing fan of the Giants and Padres, his appreciation for baseball began in high school when he played first base. Martin was always open to trying new activities, including running, completing the Bay to Breakers race in San Francisco, tennis, golf, swimming, biking, and Tai Chi. He enjoyed camping across Europe in his 20s and spending summer and winter weekends with his family at their cabin in the Sierra Nevada mountains. A dedicated father, Martin actively fostered his two sons' interests, attending Boy Scouts events, Little League games, martial arts tournaments, and school band concerts. Also passionate about motorized vehicles, Martin enjoyed going to classic car shows with his grandsons and often reminisced about the motorcycle he rode during college.

During his illness, Martin was a constant fighter, extensively researching treatments and freely sharing his knowledge with others. He even took up Rock Steady Boxing to combat his illness. Martin bravely participated in the cutting-edge therapy of implantable deep brain stimulation, which was remarkably successful. He was such a supporter of this therapy that his clinical team produced a short documentary about his experience. Up until late in his illness, Martin could be seen taking long bike rides along the San Diego beach and bay. He was routinely biking with two other friends, who both also had brain stimulators. They would jokingly call themselves the "metal heads." Although the illness was incurable, Martin always maintained a remarkably upbeat and positive attitude, looking for reasons to celebrate, even his half-birthdays. He had certain goals later in life: to remain living at home and to visit the beach, even after he could no longer take his beloved bike rides. Two weeks before his passing, with family in tow and a grin from ear to ear, he cruised up and down the beach with the help of his sons and a specialized wheelchair, exuding pure joy.

Martin is survived by his wife of nearly 55 years, Eileen, and their two sons, Jeremy and Matthew. Martin and Eileen were married in New Jersey on August 17, 1969, which happened to be the same weekend as the Woodstock music festival in New York. Eileen is a retired teacher, avid knitter, and author. Jeremy practices as a Physician Associate in San Diego, specializing in pain management. He and his wife Danielle have two sons, Jacob and Jesse. Matthew is an attorney who lives in San Francisco, California with his wife, Sarah. Martin is also survived by his older brother, Steve, and twin younger brothers, David and Paul. To further Parkinson's research, donations may be made to The Michael J. Foundation.

PERSEVERE



Peer Mentor Support and Caregiver Education

Clinical Trial Title

PERSEVERE in Lewy Body Dementia: A Randomized, Controlled Trial of Peer Mentor Support and Caregiver Education

National Clinical Trial Number:

NCT06389032

Clinical Trial Protocol Description:

This randomized, controlled trial involves a 12-week behavioral intervention (PERSEVERE) for Lewy Body Dementia (LBD) family caregivers comprised of discussion of and coaching through specific LBD knowledge and social support topics during weekly phone calls with a trained caregiver peer mentor (interventionist), guided by a practical, health literacy-friendly handbook (PDF and website versions available).

The active group of mentees (intervention) will be compared with caregivers randomized in a 1:1 fashion to an education group (attention control) condition who will receive a weekly, emailed list of links to pre-existing educational content on LBD. The PERSEVERE intervention is delivered by caregiver peer mentors, a cadre of experienced current or former LBD family caregivers who will be recruited and trained as part of the study.

Clinical Trial Eligibility Criteria:

In order to participate you must meet the following criteria:

- Are at least 18 years of age.
- Are English-speaking.
- Are currently cohabitating with or spending >10 unpaid hours weekly on caregiving for a family member diagnosed with LBD, as measured by LBCRS, OR have met these criteria in the past if the family member with LBD is deceased.
- Are US-dwelling.
- Have access to and are comfortable with telephone use, including adequate hearing or appropriate assistive devices to communicate by phone.
- Have access to and are comfortable with internet use, including a working email address and adequate vision or appropriate assistive devices to be able to open and read email communications and participate in an online mentor training session.
- Demonstrate capacity to consent to research participation.
- Have no known terminal diagnoses or life expectancy < 2 years, by self-report.
- If PLBD is alive, their cognitive symptoms or visual hallucinations have been present for 2 or more years.
- If PLBD is alive, PLBD is community-dwelling at the time of enrollment; subsequent placement in a facility does not exclude continued participation.

PERSEVERE

Peer Mentor Support and Caregiver Education (cont'd)

You will be excluded from the study if any of the following criteria apply to you:

- Are not at least 18 years of age.
- Are not English-speaking.
- Do not currently cohabitate with or spend >10 unpaid hours weekly on caregiving for a family member diagnosed with LBD, as measured by LBCRS, OR haven't met these criteria in the past if the family member with LBD is deceased.
- Are not US-dwelling.
- Don't have access to and are not comfortable with telephone use, including adequate hearing or appropriate assistive devices to communicate by phone.
- Do not have access to and are not comfortable with internet use, including a working email address and adequate vision or appropriate assistive devices to be able to open and read email communications and participate in an online mentor training session.
- Cannot demonstrate capacity to consent to research participation.
- Have any known terminal diagnoses or life expectancy < 2 years, by self-report.
- If PLBD is alive, their cognitive symptoms or visual hallucinations have been present for <2 years.
- If PLBD is alive, PLBD is not community-dwelling at the time of enrollment; placed in a facility at the time of screening.

This is a partial list of eligibility requirements. To inquire about your eligibility, please call the contact number provided. If you wish to inquire via email, please include the title of the study in your message.

Study Details

Clinical Trial Investigator

Jori Fleisher, MD, MSCE, FAAN

Contact Information

The PERSEVERE Team

[\(312\) 563-3300](tel:(312)563-3300)

persevere@rush.edu

Clinical Trial Location

RUSH University Medical Center

RUSH Copley Medical Center

The Michael J. Fox Foundation presents

Parkinson's IQ+YOU

Education for Empowerment



Free Parkinson's Educational Event

Saturday, September 21, 2024
Carlsbad, CA

Omni La Costa Resort & Spa

2100 Costa Del Mar Rd, Carlsbad, CA 92009

9:00 a.m. – 2:00 p.m. PST

(Partner Expo and Check-in will open at 8:00 a.m.)

Parkinson's IQ + You is a free event presented by The Michael J. Fox Foundation designed to empower attendees to manage the disease, learn about the latest research and connect with local resources.



Scan to register or visit
michaeljfox.org/PDIQSoCal2024


THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

Is Your Parkinson's Disease Medication Not Working Well Enough?

JOIN OUR CLINICAL TRIAL

The physicians at UC San Diego Health are seeking patients to test a new, experimental procedure for Parkinson's disease.

QUALIFICATIONS

We are looking for volunteers ages 40-69 who have had Parkinson's disease for at least 5 years, and whose medication isn't working well to control their symptoms.

STUDY DETAILS

Patients interested in this study will be evaluated by a movement disorder specialist from UC San Diego Health's Neurology department. They will undergo a series of assessments to determine the severity of their Parkinson's disease symptoms (how much they interfere with activities of daily living), as well as routine blood and imaging tests to determine if they qualify.

Selected participants will undergo surgery, during which they will have cells engineered to produce dopamine — a hormone that plays a role in movement, motivation, and learning — injected deep into their brain. All testing, procedures, and related care will be provided at no cost to participants; health insurance is not required. Participants will need to continue to provide their own Parkinson's disease medications, however, as they will not be provided by the study.

Participants' medical records and identity will be kept strictly confidential. A stipend to cover travel expenses will be provided to qualified participants at each in-person visit. They will need to provide their own transportation.

LEARN MORE | ASK QUESTIONS | QUALIFY TO PARTICIPATE | CONTACT US





**Christian Fulinara, Clinical Research Coordinator,
858-249-4020, chfulinara@health.ucsd.edu**

UC San Diego
SANFORD STEM CELL INSTITUTE
Sanford Stem Cell Clinical Center

*Learn more about clinical trials at the
UC San Diego Sanford Stem Cell Institute*
www.stemcells.ucsd.edu



Central County Parkinson's Support Groups

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6	7
8 	9 10:00am CENTRAL COUNTY VIRTUAL QUARTERLY BOARD MEETING: Our meetings are open and people with Parkinson's and their care partners are welcome to attend. Online or via Phone. Zoom	10	11 3:00pm CENTRAL COUNTY PARKINSON'S VIRTUAL SPEAKERS' SERIES: SPEAKER: Reneu Health, Inc. TOPIC: NUSHU: REVOL UTIONARY WEARABLE FOR PEOPLE WITH PARKINSON'S. Zoom	12	13	14
15	16	17 	18 1:00pm CENTRAL COUNTY VIRTUAL LIVING IN THE SOLUTION PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Online or via the Phone. Zoom	19	20	21 

Central County Parkinson's Support Groups

September 2024 (Page 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
		<p>CENTRAL COUNTY LIVE PT. LOMA PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Location: Point Loma Café—4865 N. Harbor Drive, SD 92106. SPEAKER: Acadia Pharmaceuticals -Lou Ciampi. TOPIC: PARKINSON'S DISEASE: MORE THAN MOTOR SYMPTOMS. Thank you for observing current CDC policies for respiratory vaccinations. For reservations, please call or email Dolores: 619.560.1935, doloresviolacoh enour@gmail.co m.</p>				
29	30					