

# SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



January 2024

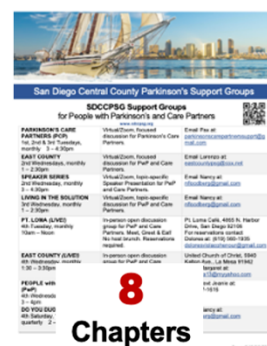
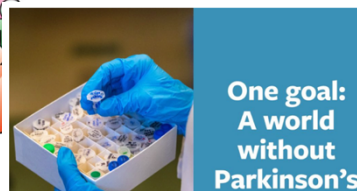
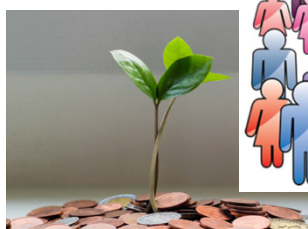
<https://www.sdccpsg.org/>

NEWSLETTER for • Care Partners • Duopa • East County • Living in the Solution • People with Parkinson's • Pt. Loma • Speaker Series Chapters

Edition 51

## 2023 IN REVIEW

2023 found SDCCPSG expanding in both size and services. Below is a snapshot of our “year in review”! We look forward to continuing to educate and support San Diego’s Parkinson’s community and to your involvement!



## YOU CAN MAKE A DIFFERENCE!

On December 14, 2023, the House of Representatives passed *The Dr. Emmanuel Bilirakus and Honorable Jennifer Wexton National Plan to End Parkinson's Act!* As so eloquently stated by the Michael J. Fox Foundation, “There is no better time to focus our efforts on accelerating science to better treat, prevent and ultimately cure this disease. We look forward to continuing to champion this bill as it moves on to the Senate”. To thank your representatives for passing the National Plan and to urge your senators to support the bill in the Senate, go to:

<https://michaeljfox.quorum.us/campaign/54041/?embedded=true&>

## YOUR WEBSITE IS BACK UP AND RUNNING!



After nearly a year, your SDCCPSG website is back up and running. Originally developed by founding Board member, Bruce Lowe, it was in transition last February when Bruce passed away. Step in Board member, David Miles, who had previously developed and managed UCSD's Support4PD Parkinson's

website. Now that we are out of “pandemic mode”, David has streamlined the site for quick and easy navigation. Look for additional resources to be added in the coming months. To visit the website, please go to:

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

### Inside This Issue

- Monthly Schedule of SDCCPSG Chapters, Vocal/ Exercise Classes Pages 2-3
- In-Focus Medical Resources Page 4
- Parkinson's Life Hacks
- Good Reads
- PD Community Contact Info
- Board Member Contact Info Page 5
- Pictures & Postings Page 6
- Brain Fitness Flyer Page 7
- January Events Calendar Pages 8-10

# SDCCPSG SUPPORT GROUP CHAPTER MEETINGS

SDCCPSG Sponsored

held live, and online via ZOOM Phone & Video Conferencing

**\*NOTE CHAPTERS NOT MEETING THIS MONTH ONLY\***

Our support groups are for people with Parkinson's, their care partners, family, and friends to meet, share challenges, strategies, and successes, and to learn how to live well with Parkinson's.

## DO YOU DUOPA?

**Saturday, January 27<sup>th</sup>, 2024 2:00 – 3:30pm**

(Fourth Saturday 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#

## EAST COUNTY

**Wednesday, January 10<sup>th</sup>, 1 – 2:30pm**

(Second Wednesday of each month)

A virtual, focused discussion for People with Parkinson's and Care Partners.

### Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone  
<https://us02web.zoom.us/j/85385137194?pwd=MStWQm1iWjRWS3FHSHPsVmVsMUF5Zz09>  
Meeting ID: 853 8513 7194  
Passcode: 283641
2. Phone +16699006833,,85385137194#,,,,\*283641#

## EAST COUNTY LIVE!!!

**Wednesday, January 24<sup>th</sup>, 1:30 – 3:30pm**

(Fourth Wed. of each month)

A live discussion group for People with Parkinson's and Care Partners.

**Topic: "Sharp/Grossmont PT Program for PwP"**

**Speakers:** Pamela Singh, DPT & Simary Rosario, DPT

**United Church of Christ of La Mesa – Friendship Hall**

5940 Kelton Ave.

La Mesa 99142

## LIVING IN THE SOLUTION

**\*Wednesday, January 17<sup>th</sup>, 1 – 2:30pm**

(Third Wed. of each month)

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

### 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#

## PARKINSON'S CARE PARTNERS

**Tuesdays, January 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> 3 – 4:30pm**

(First, second & third Tuesdays of each month)

A virtual, focused discussion for Parkinson's Care Partners.

### Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone  
<https://us06web.zoom.us/j/84838141855?pwd=amNKSC82V1JXcXl3ZG9SRWVvM3Njdz09>  
Meeting ID: 848 3814 1855  
Passcode: 700705
2. Phone +16699006833,,84838141855#,,,,\*700705#

## PEOPLE WITH PARKINSON'S

**Wednesday, January 24<sup>th</sup>, 3 – 4:00pm**

(Fourth Wednesday of each month)

A virtual, focused discussion for People with Parkinson's.

### Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone  
<https://us02web.zoom.us/j/7760596446>  
**Please note new Zoom Link.**  
Meeting ID: 82688727128
2. Phone +1.669.90. 6833# US (San Jose)  
+1.669.444.9171# US

## PT. LOMA LIVE!!! (New Mtg Rm to left of cashier)

**Tuesday, January 23<sup>rd</sup>, 10:00am – 12:00pm**

(Fourth Tues. of each month)

**Point Loma Café**

4865 N. Harbor Dr.

San Diego 92106

**Meet, Greet & Eat!!!** No host brunch. Open Discussion Group for People with Parkinson's and Care Partners.

**Topic: "Integrative Approaches to Parkinson's Disease"**

**Speaker:** Tanya Denne, ND

**To make a reservation, email, or call:** Dolores Cohenour:

(619) 560-1935 [doloresviolacohenour@gmail.com](mailto:doloresviolacohenour@gmail.com)

## SPEAKER SERIES

**Wednesday, January 10<sup>th</sup>, 3 – 4:30pm**

(Second Wed. of each month)

A virtual, topic-specific Speaker Presentation.

**Topic: "Medicare Readjustment"**

**Speaker:** Michael Winkelman, Insurance Agent & Medicare Specialist

### 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](https://www.youtube.com/playlist?list=PLVw_cYVkJxat8ox40Ycu50uFrS1B18tfl)

# PHYSICAL & VOCAL EXERCISE CLASSES

held live and online via ZOOM Phone and Video Conferencing

The exercise classes below are designed to help people with Parkinson's, and their care partners, stay fit and live well.

## PHYSICAL

### Cerebral Motion

One-on-one wellness sessions and group classes offered in Rancho Bernardo, as well as in-home concierge services throughout San Diego county. Reach out to Mickey Burke at [mickey@cerebralmotion.com](mailto:mickey@cerebralmotion.com) or 858.248.6828.

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

### Coach Me Strong

A one-on-one exercise coaching program for people with Parkinson's, other neurological disorders or who are just getting a little older. *Fee charged.*

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

<https://danceforparkinsons.org/resources/dance-at-home>

### John A. Davis YMCA – PD Balance Class

**Mondays, 12 – 12:50pm**

*Fee charged.* Contact Director, Greg Erikson, for more information. 619.464.9622. <mailto:gerikson@ymcasd.org>

### Juan Carlos Organization

San Diego fitness instructor, Rock Steady Boxing coach, and JCO founder, Liz Garces, offers a series of follow along videos ranging from her Parkinson's Network exercise routine to Zumba and dance workouts. **Free.**

<http://www.jcorg.org/video-exercise.html>

### Neuro Lab 360

NeuroLab 360 is a San Diego-based non-profit that offers virtual and live exercise classes. Proceeds from the 1<sup>st</sup> class each month are donated to the Parkinson's Association of SD. *Fee charged.*

<http://www.neurolab360.com/>

### PD-Connect

PD-Connect® is a nonprofit organization that serves the Parkinson's community through customized group exercise, and neurologically and research-based movement programs. **Donation-based** virtual classes are offered 6 days a week. Calendar listing with links:

<https://pd-connect.org/-calendar>

### 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](mailto:info@boxfitsd.com)

### Rock Steady Boxing-Bonita/Bilingual

**Tuesday, Thursday, 1 – 2:30pm**

Coach Lisbeth Garces offers bilingual boxing live and via Zoom online video conferencing. To participate, contact Lisbeth. *Fee charged.* <http://bonitaca@rsbaffiliate.com> 619. 971.3904.

### 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.** Home program available for a fee. 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 and Kinesiology graduate students as you train in a win-win, supervised clinical setting. *Sliding fee scale. Parkinson's scholarships available.* Contact Clinic Director, Matt Soto, BS, RKT [matt.soto@sdsu.edu](mailto:matt.soto@sdsu.edu)

### SmartXPD

Patrick LoSasso, CSCS, offers online exercise classes.

**Mon, Wed, Fri, 10:30 – 11:30am: Regular Class**

**Monday, Friday 12:00 – 1:00pm: Gentle Chair Class**

To participate and receive instructions on how to join via Zoom, email Patrick at: <http://patrick@smartxpd.com>  
*Donation of \$5-\$10/class appreciated, but not a requirement to join. Free.*

### UCSD Virtual Parkinson's Exercise Class

**First & Third Tuesday – 11:00am**

Registration is required. **Free.**

<https://www.eventbrite.com/e/ucsd-parkinsons-related-disorders-exercise-class-tickets-244554137007>

Playlist of recorded classes:

[https://youtube.com/playlist?list=PLWYHeEG5XX9\\_heuYezxK0XIIAluU-ute-](https://youtube.com/playlist?list=PLWYHeEG5XX9_heuYezxK0XIIAluU-ute-)

## VOCAL

### MusicWorx for Parkinson's (AudAbility) –

Group Music Therapy

**Wednesdays** (virtual), **11:00am – 12:00P**

**Live Meetings: Stay tuned for updates & new locations.**

Interested in individual sessions for voice, harmonica, and/or piano? *Fee charged. SDCCPSG scholarships available.*

Contact Program Director, Cassandra Richtsmeier at:

<mailto:crichtsmeier@musicworxinc.com>

### eLOUD!

Online LSVT voice and speech exercises for individuals with Parkinson's Disease. *Fee charged; insurance may apply.* For more information, contact: Emy D'Angelo (410) 980-0922

<mailto:thinkeloud@gmail.com>

### Parkinson Voice Project

SPEAK OUT! Virtual Home Practice Sessions. **Free.**

**Monday – Friday** (live, online sessions), **8:00A**

**Or pre-recorded sessions**

<https://www.parkinsonvoiceproject.org/SpeechExercises>

### 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](mailto:trembleclefsinfo@gmail.com)

Please be sure to consult with your physician before starting any form of exercise program. For additional information on exercise classes throughout San Diego, please visit: <https://parkinsonsassociation.org/exercise-opportunities/>

## COVID-19 Information

### The World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### Centers for Disease Control and Prevention

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

#### Stay Up to Date with COVID-19 Vaccines

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?utm\\_campaign=20230929\\_cvd\\_prv\\_gal&utm\\_content=english&utm\\_medium=email&utm\\_source=govdelivery](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?utm_campaign=20230929_cvd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery)

**USPS Will Ship More Free COVID -19 Tests: Here's How to Order Them** <https://www.covid.gov/tests>

### MedPageToday

#### Who Really Needs a COVID Booster?

[https://www.medpagetoday.com/infectiousdisease/covid19vaccine/106511?th=1&xid=fb-md-cbtlm-id-lucp&trw=no&scrf=1&fbclid=IwAR1tz-ZhuFU3rzR2rFvzmS6fRKv2geGTh9AjnxyVV3pdQx4MEZc6VXDazso\\_aem\\_AUO0tEwn6bF5cJdjKRE10I\\_8Vfk6vKjXCIN5hhRJ2Bfegot-u1dqv2fZRQeyxGTV31uJKMkLzIA1S-ChiyFIH5oV](https://www.medpagetoday.com/infectiousdisease/covid19vaccine/106511?th=1&xid=fb-md-cbtlm-id-lucp&trw=no&scrf=1&fbclid=IwAR1tz-ZhuFU3rzR2rFvzmS6fRKv2geGTh9AjnxyVV3pdQx4MEZc6VXDazso_aem_AUO0tEwn6bF5cJdjKRE10I_8Vfk6vKjXCIN5hhRJ2Bfegot-u1dqv2fZRQeyxGTV31uJKMkLzIA1S-ChiyFIH5oV)

### 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](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>

#### SD County Post-COVID Recovery (Long COVID) Information

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/LongCOVID.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/LongCOVID.html)

**Treatment in San Diego for “Long COVID” is available with a physician referral to:**

#### Scripps COVID Recovery Program – 800.SCRIPPS

[https://www.scripps.org/news\\_items/7276-scripps-recovery-program-gives-hope-to-covid-19-long-haulers](https://www.scripps.org/news_items/7276-scripps-recovery-program-gives-hope-to-covid-19-long-haulers)

#### UCSD Post-COVID Care – 619-543-6146

<https://health.ucsd.edu/specialties/infectious-disease/Pages/post-covid-care.aspx>

#### Dr. Paul Gaspar, DPT – 760-632-6942

#### Gaspar Doctors of Physical Therapy

1004 N. El Camino Real, Encinitas, CA 92024

<https://www.gasparpt.com/staff/paul-gaspar/>

## Parkinson's & COVID-19

### National

**Michael J. Fox Foundation.** COVID Resource Hub.

<https://www.michaeljfox.org/michael-j-fox-foundation-covid-19-resource-hub>

## RSV Information

### What is RSV?

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

## Mobile Medical Service – (save your energy!)

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

### 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

### Mobile Lab Services

#### SD Mobile Lab

O: 858-245-6714

F: 619-599-8400

(have lab orders faxed to them to fill)

\$90-\$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/>

## 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](mailto: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](mailto:mickey@cerebralmotion.com)

## ✓ Parkinson's Equipment Exchange Program

The Parkinson's Association of San Diego has free mobility equipment available – used walkers, wheelchairs, canes and much more. For information or to donate equipment, please call: **858.999.5671**.

✓ = 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.*

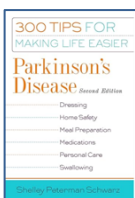


**Caterpys – The Ultimate No Tie Shoelace** Put Caterpy laces in your shoes as you would traditional shoelaces, and never touch your laces again. Turn your shoes into slip-ons that stay on, and improve your feet's blood circulation. No more loose or untied laces to trip on. Capterpys come in a rainbow of colors to

compliment your footwear. May be found at your local shoe store or online at:

[https://www.amazon.com/dp/B01MYER5D1?ref=nb\\_sb\\_ss\\_w\\_as-reorder\\_k5\\_1\\_5&=&crd=29AFKBWJ9UH42&srefix=cater&th=1](https://www.amazon.com/dp/B01MYER5D1?ref=nb_sb_ss_w_as-reorder_k5_1_5&=&crd=29AFKBWJ9UH42&srefix=cater&th=1)

## GOOD READS



**Parkinson's Disease: 300 Tips for Making Life Easier**, written by Shelley Peterman Schwartz.

Available to order through Amazon.com.

To submit a Parkinson's Life Hack or Good Reads book, please send an email to:

[nfloodberg@gmail.com](mailto:nfloodberg@gmail.com)

## PARKINSON'S COMMUNITY RESOURCES

**Parkinson's Association of San Diego (PASD)**

Executive Director: Chris Buscher

[info@parkinsonsassociation.org](mailto:info@parkinsonsassociation.org)

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

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

For a county-wide listing of support groups, please go to:

<https://parkinsonsassociation.org/search-for-support-groups/>

**SD Central County Parkinson's Support Groups**

**Duopa, Living in the Solution**

Leader: Nancy Floodberg – 619.857.6638

[nfloodberg@gmail.com](mailto:nfloodberg@gmail.com)

**East County**

Leader: Lorenzo Higley-619.447.2855

[eastcountypsg@cox.net](mailto:eastcountypsg@cox.net)

**Parkinson's Care Partners**

Leaders: Martha Page, Lorenzo Higley

[parkinsonscarepartnersupprt@gmail.com](mailto:parkinsonscarepartnersupprt@gmail.com)

**People with Parkinson's**

Leader: Jeanie Hebert-Brown-619.997-1616

<http://group.parkinsons@gmail.com>

**Pt. Loma**

Leader: Jim Paterniti-858.203.3232

[jpaterniti@san.rr.com](mailto:jpaterniti@san.rr.com)

**Speaker Series**

Leaders: Nancy Floodberg, Lorenzo Higley, David Miles

## SDCCPSG BOARD OF DIRECTORS

**President – Support Group Leader**

Nancy Floodberg [nfloodberg@gmail.com](mailto:nfloodberg@gmail.com)

619.857.6638

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## FEBRUARY BOARD MEETING

(\*no January meeting)

**Monday, February 12<sup>th</sup>, 10:00am – 11:30am**

Second Monday monthly (first Monday, this month only)

**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](mailto:nfloodberg@gmail.com)

**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 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!**"  
**SDCCPSG's Newsletter is sponsored by the Andrew Papas Memorial.**

# PICTURES & POSTINGS FROM OUR PARKINSON'S COMMUNITY

(Have a picture, poem, or experience to share? Please send it to [nfloodberg@gmail.com](mailto:nfloodberg@gmail.com))

## “CELEBRATING THE HOLIDAYS!”

Front Table  
Leigh, Kagen, Peter,  
Barbara, Rylie, Debbie, Max



Nancy, Katrina, Jesse & Fari,  
John & Tak, Kagen & Rylie, Leigh



**2023 HOLIDAY SOCIAL  
ZLAC ROWING CLUB**

Back Table  
Susan, Jim, Katrina,  
Fari, Jesse, John, Tak



Jesse & Fari, John & Tak



Reading 20 pages per day is  
30 books per year.

Saving \$10 per day is  
\$3650 per year.

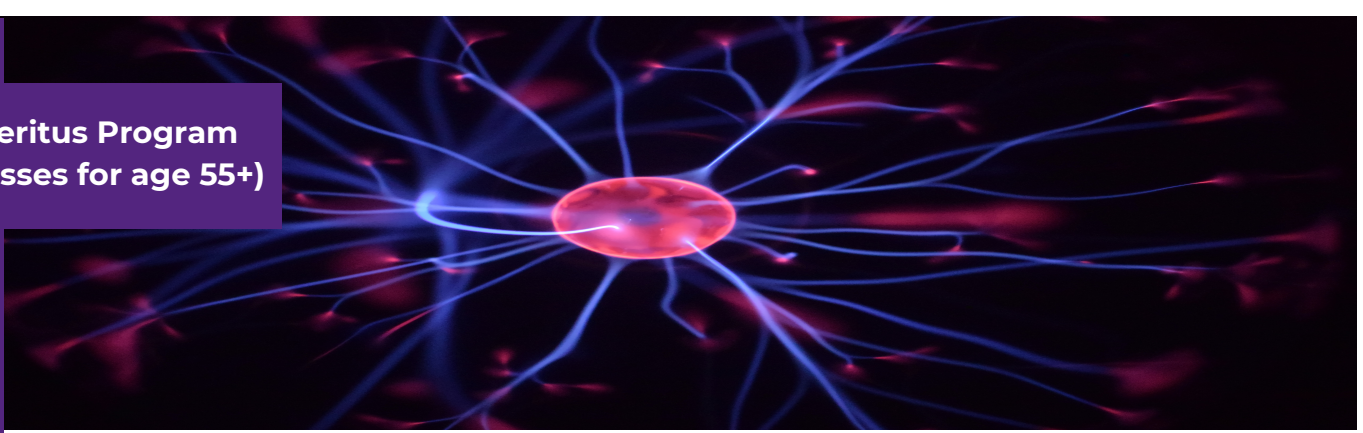
Running 1 mile per day is  
365 miles per year.

Listening to a 1hr podcast per day  
will give you 365 more hours of  
knowledge per year.

Don't underestimate  
the power of small habits.

[tinybuddha.com](http://tinybuddha.com)

**Emeritus Program  
(classes for age 55+)**



**FREE CLASS**

# **Brain Fitness Spring 2024**

**January 31 - June 8, 2024**

- ❖ Train your brain using BrainHQ's brain fitness program and learn more about lifestyle choices that improve brain health via weekly lessons on course website.
- ❖ Class includes weekly emails, a web site, a detailed unique lesson each week, recordings of lessons, interaction on Canvas and more.
- ❖ New students must take Basics before Topics. For more information on Basics, contact instructor Yael Lorberfeld (ylorberfeld@sdccd.edu). For more information on topics, contact instructors Mary Burns (mburns@sdccd.edu) or Mindy Sloan (msloan@sdccd.edu).
- ❖ Most classes are held via Zoom on a variety of days and times. You can attend any of the sessions regardless of the class section that you signed up for. Additional in-person classes will be offered.
- ❖ See course website for Zoom days and times and additional information about the class. (bfclass.com)

**Course numbers for Brain Fitness: Only sign up for 1 class. You can attend any Zoom session, regardless of the class that you enroll in.**

Basics 1 (54850): Yael Lorberfeld - Zoom Tuesdays 9 – 10:30

Basics 2 (54851): Yael Lorberfeld - Zoom Thursdays 10 – 11:30

Topics 1 (54852): Mino Pakgohar- Zoom Friday 10 - 11:30

Topics 2 (54853): Sharon Gregory - Zoom Thursday 1 - 2:30

Topics 3 (54854): Mari Rios-O'Brien - In Person at Jackie Robinson YMCA Tues 10:30 - 12

Topics 4 (54855): Anjali Patel - Zoom Thursday 10 - 11:30

Topics 5 (54860): Mindy Sloan - Zoom Saturday 10 – 11:30

Topics 6 (54861): Mino Pakgohar – Zoom Wednesday 9:30 - 11:00

Topics 7 (54862): Mary Burns - Zoom Wednesday 7:00 - 8:30

Topics 8 (54878): Staff - Zoom TBD

## **Registration:**

Enroll at [myportal.sdccd.edu](https://myportal.sdccd.edu).

For more information, contact faculty: [mburns@sdccd.edu](mailto:mburns@sdccd.edu) or [msloan@sdccd.edu](mailto:msloan@sdccd.edu)

## **More information on Emeritus classes:**


To see all Emeritus classes, visit the Emeritus student site: [sdcestudent55.com](https://sdcestudent55.com)

SAN DIEGO COLLEGE OF  
CONTINUING EDUCATION

FORWARD *together*

# Central County Parkinson's Support Groups



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	 HAPPY NEW YEAR!!!	CENTRAL COUNTY VIRTUAL PARKINSON'S CARE PARTNER SUPPORT GROUP - an SDCCPSG Chapter: A focused discussion for care partners. Online or via phone. <a href="#">Zoom</a>				
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	10:00am CENTRAL COUNTY VIRTUAL BOARD MEETING: Our meetings are open and people with Parkinson's and their care partners are welcome to attend. Online or via Phone. <a href="#">Zoom</a>	3:00pm CENTRAL COUNTY VIRTUAL PARKINSON'S CARE PARTNER SUPPORT GROUP - an SDCCPSG Chapter: A focused discussion for care partners. Online or via phone. <a href="#">Zoom</a>	1:00pm EAST COUNTY VIRTUAL PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Online or via phone. <a href="#">Zoom</a>  3:00pm CENTRAL COUNTY PARKINSON'S SPEAKER SERIES: "Medicare Readjustment Options": Speaker-Michael Winkleman. Online or via phone. <a href="#">Zoom</a>			7:30pm SAN DIEGO CHAPTER: WELL SPOUSE EVENING VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: <a href="https://wellspouse.org">https://wellspouse.org</a> . <a href="#">Zoom</a>
	2:00pm PARKINSON'S MOVEMENT & DISORDER ALLIANCE: FLYING SOLO SUPPORT GROUP: If you are single, divorced, living alone, or maybe even caring for someone else while trying to take care of yourself, join our online community. <a href="#">Zoom</a>					



# Central County Parkinson's Support Groups

January 2024 (Page 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	 <p>MARTIN LUTHER KING, JR. DAY</p> <p>2:00pm PARKINSON'S MOVEMENT &amp; DISORDER ALLIANCE: FLYING SOLO SUPPORT GROUP: If you are single, divorced, living alone, or maybe even caring for someone else while trying to take care of yourself, join our online community. <a href="#">Zoom</a></p>	<p>3:00pm CENTRAL COUNTY VIRTUAL PARKINSON'S CARE PARTNER SUPPORT GROUP - an SDCCPSG Chapter: A focused discussion for care partners. Online or via phone. <a href="#">Zoom</a></p>	<p>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. <a href="#">Zoom</a></p>			
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		<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. Thank you for observing current CDC policies for respiratory vaccinations. For reservations, please call or email Dolores: 619.560.1935, doloresviolacohenour@gmail.com.</p>	<p>1:30pm EAST COUNTY LIVE PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Presentation: RX Ballroom Dance. Location: United Church of Christ of La Mesa, Friendship Hall-5940 Kelton Ave., La Mesa 91942.</p> <p>3:00pm CENTRAL COUNTY VIRTUAL PEOPLE WITH PARKINSON'S SUPPORT GROUP - an SDCCPSG chapter: A focused discussion for people with Parkinson's. Online or via phone. <a href="#">Zoom</a></p>			<p>9:30am SAN DIEGO CHAPTER: WELL SPOUSE DAYTIME VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: <a href="https://wellspouse.org">https://wellspouse.org</a>. <a href="#">Zoom</a></p> <p>2:00pm CENTRAL COUNTY VIRTUAL PARKINSON'S DUOPA THERAPY SUPPORT GROUP: For people with Parkinson's on or considering Duopa Therapy and their care partners. Online or via Phone. <a href="#">Flyer Zoom</a></p>

