

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



February 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 52

PASD 22ND ANNUAL 5K STEP-BY-STEP WALK



Fighting Parkinson's Step by Step 5K Walk, the San Diego Parkinson's Association 2024 Fundraiser will be held on **Sunday, April 6th, 7:30AM-12:00PM** at Liberty Station. The event offers a wonderful opportunity to gather together in support of one another and our local Association that uses the funds raised to develop resources and provide education right here in our local community. The walk (dog friendly) will start at 9:00AM. Family and friends are welcome, and we encourage everyone to participate! How? There are two ways: 1.) REGISTER TO WALK and create your own team or join an existing team. SDCCPSG currently has one team registered, **Pt. Loma Movers & Shakers**, which you are welcome

to join or any other participating team, or 2.) you may DONATE. Either way, your support is greatly appreciated and comes back to us through the Parkinson's Association's numerous programs and services.

REGISTER TO WALK:

- to join **Pt. Loma Movers & Shakers** or another team, please go to: <https://raceroster.com/registration/80d2a78f-a323-4458-b509-8ff14e341502/entry?team=604775>
- to create your own team, please go to: <https://raceroster.com/events/2024/82261/fighting-parkinsons-step-by-step-5k>

DONATE:

please go to: <https://raceroster.com/events/2024/82261/fighting-parkinsons-step-by-step-5k/fundraising-organization/49685-event-description> or call: 858.215.2570 Early Registration - \$40/after Feb. 1 - \$50, Youth 12-17 (see flyer-pg. 7)

NATIONAL CAREGIVER DAY



Friday, February 16th, is **National Caregiver Day**, a day to show appreciation for those who do so much. According to AARP, caregivers spend an average of 24 hours of care per week caring for family, neighbors or friends. For some, it's a full-time job. Local resources offering support to family caregivers include: the Parkinson's Association's Care Partner Program, and

Mentor Program, as well as Support Groups specifically designed for care partners (see PASD's website below). And, if you have a family member or friend in the role of caregiver, or have a paid caregiver, please don't forget to take the time to recognize and reach out to them. It will mean the world!

- **Parkinson's Association Resources** – <https://parkinsonsassociation.org/>
- **5 Ways to Thank a Caregiver on National Caregivers Day**
<https://www.aarp.org/caregiving/basics/info-2023/ways-to-celebrate-national-caregivers-day.html>
- **Gifts for Caregivers** – <https://www.care.com/c/gift-ideas-for-all-your-caregivers/>

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SDCCPSG SUPPORT GROUP CHAPTER MEETINGS

SDCCPSG Sponsored

held live, and online via ZOOM Phone & Video Conferencing

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, April 27th, 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, February 14th, 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 +1.669.900.6833,,85385137194#,,,,*283641#

EAST COUNTY LIVE!!!

Wednesday, February 28th, 1:30 – 3:30pm

(Fourth Wed. of each month)

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

United Church of Christ of La Mesa – Friendship Hall

5940 Kelton Ave.

La Mesa 99142

Topic: "Mindfulness"

Speaker: Helen Kim (MBSR/MBCT) Instructor – UCSD Center for Mindfulness

LIVING IN THE SOLUTION

Wednesday, February 21st, 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 +1.669.900.6833,,921456572#

PARKINSON'S CARE PARTNERS

Tuesdays, February 6th, 13th, 20th 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=amNKSC82V1JXcXI3ZG9SRWVvM3Njdz09>

Meeting ID: 848 3814 1855

Passcode: 700705

2. Phone +1.669.900.6833,,84838141855#,,,,*700705#

PEOPLE WITH PARKINSON'S

Wednesday, February 28th, 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, February 27th, 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.

Open Discussion

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

SPEAKER SERIES

Wednesday, February 14th, 3 – 4:30pm

(Second Wed. of each month)

A virtual, topic-specific Speaker Presentation.

Topic: "Integrative Approaches to Parkinson's"

Speaker: Tanya Denne, ND

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone

<https://us02web.zoom.us/j/83008945719>

Meeting ID: 830 0894 5719

2. Phone +1.669.900.6833,,83008945719#

Speaker Series YouTube Video Library:

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 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 1st 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

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

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-

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

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

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

Long COVID or Post COVID Conditions

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

USPS Will Ship More Free COVID -19 Tests: Here's How to Order Them

<https://www.covid.gov/tests>

verywellhealth

How Long Does Long COVID Last?

<https://www.verywellhealth.com/how-long-does-long-covid-last-5324264>

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>

SD County Post-COVID Recovery (Long COVID) Information

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

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

Michael J. Fox Foundation. COVID Resource Hub.

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

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

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

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**.

✓ 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.

✓ = 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.*



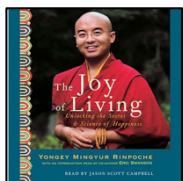
Burn Institute Fire-Safe Senior Program – Did you know that seniors are the most vulnerable population to perish in a home fire? If you are 62+ years old and own your own home in San Diego County, you qualify

for San Diego's "**Free Smoke Alarms for Seniors Program**". In addition, if you have gas appliances, they can install carbon monoxide detectors, too. For questions, call 858.541.7862 or email smokealarm@burninstitute.org

To apply, go to:

<https://burninstitute.org/applications/smoke-alarm-application/>

GOOD READS



The Joy of Living, Unlocking the Secret and Science of Happiness, written by Youngey Mingyur Rinpoche, Eric Swanson et al. Available to order through Amazon.com.

Title submitted by Dr. Tanya Denne, ND

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/>

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

East County

Leader: Lorenzo Higley-619.447.2855

eastcountypsg@cox.net

Parkinson's Care Partners

Leaders: Martha Page, Lorenzo Higley

parkinsonscarepartnersupprt@gmail.com

People with Parkinson's

Leader: Jeanie Hebert-Brown-619.997-1616

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

Pt. Loma

Leaders: Nancy Floodberg, Jim Paterniti-858.203.3232

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

619.857.6638

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FEBRUARY BOARD MEETING

Monday, February 12th, 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

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)

RECOGNIZING BOARD MEMBER, SUSAN HOWARD



1958 – next-door neighbors and best friends, Nancy, and Susan.



2007 – vacationing in Mexico with our spouses, shortly after John's Parkinson's diagnosis.



2023 – gathered for dinner with dear friends the weekend of John's Celebration of Life.



1995 – all dolled up for a garage sale.

SDCCPSG has a Board of Directors, but who exactly makes up the Board? In short, dedicated individuals willing to share their time, skill, and service to help us on our journey together. They include people with Parkinson's, active and former care partners, and community members...*friends!* Susan Howard is one such friend. A former educator, administrator, and best friend (since age 6) with Board President, Nancy Floodberg, she graciously volunteered to join the Board in 2020 as our Secretary. We recognize Susan in this issue, and most gratefully thank her for her ongoing care, dedication, and support.



Senior Care & Companionship

Light housekeeping/transportation/
experience with person with
Parkinsons & Dementia/great
references

Serving South San Diego &
Coronado
email: Ashleyloveskaya@gmail.com
(619)628-6780



"And if you don't think you have anything to be grateful for, keep looking. Because you don't just receive optimism. You can't wait for things to be great and then be grateful for that. You've got to behave in a way that promotes that."



Join us to Fight Parkinson's
Our 22nd annual 5K STEP BY STEP WALK
 in support of the
Parkinson's Association of San Diego

Saturday, April 6, 2024 • 7:30am Check In • 9am WALK, Dog Friendly
LIBERTY STATION, SAN DIEGO

Your support of Step by Step enables PASD to offer critical resources to thousands of individuals with Parkinson's here in San Diego County.

All contributions remain in the County and provide services, assistance, and education to people with Parkinson's, their care partners, and families.

Meet over 50 exhibitors.

REGISTER AS:
 An Individual
 A Team or
 Sponsor a Walker

REGISTER AT:
parkinsonsassociation.org
 (858) 215-2570

Early Registration	\$40
After February 1	\$50
Youth 12-17	\$10
Under 12	Free



PARKINSON'S
 ASSOCIATION OF SAN DIEGO
 "Helping You Live Your Best Life"




Central County Parkinson's Support Groups

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
		<p>CENTRAL COUNTY VIRTUAL PARKINSON'S CARE PARTNER SUPPORT GROUP - an SDCCPSG Chapter: A focused discussion for care partners. Online or via phone. Zoom</p>				<p>7:30pm SAN DIEGO CHAPTER: WELL SPOUSE EVENING VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: https://wellspouse.org. Zoom</p>
11	12	13	14	15	16	17
	<p>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. Zoom</p> <p>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. Zoom</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. Zoom</p>	<p>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. Zoom</p> <p>3:00pm CENTRAL COUNTY PARKINSON'S SPEAKER SERIES: "Integrative Approaches to Parkinson's Disease - with a focus on the botanical Mucuna pruriens in PD management". Speaker: Dr. Tanya Denne, ND. Zoom</p>			

Central County Parkinson's Support Groups

February 2024 (Page 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	 <p>HAPPY PRESIDENT'S DAY!</p> <p>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. Zoom</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. Zoom</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. Zoom</p>			<p>9:30am SAN DIEGO CHAPTER: WELL SPOUSE DAYTIME VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: https://wellspouse.org. Zoom</p>
25	26	27	28	29		
		<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. 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. Zoom</p>			