

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



October 2023

NEWSLETTER for • Care Partners • Duopa • East County • Living in the Solution •
People with Parkinson's • Pt. Loma • Speaker Series Chapters
Edition 48

“EMPOWERMENT DAY!”

A Local Resource for People Living with Parkinson's

The Parkinson's Association of San Diego invites you to an event not to be missed!
Come for a fun day of learning, sharing, and empowering yourself and each other.



Empowerment Day for Parkinson's
Wednesday, November 29th, 8:45am – 3:45pm

Marina Village Conference Center
1936 Quivira Way
San Diego, CA 92109

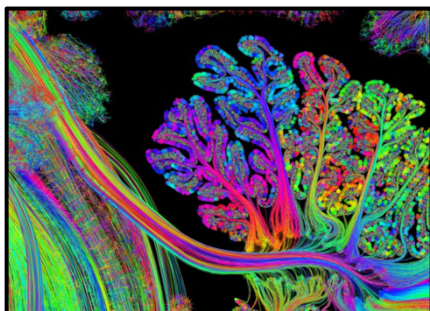
Cost: \$20/person (scholarships available).
Includes light breakfast and lunch.
See Flyers on pages 8 & 9.

Register by phone: 858.215.2570, mail or online:
www.parkinsonsassociation.org



CEREBRAL MOTION

“Specialized Personal Training Serving Parkinson's & Neurological Populations”



CEREBRAL MOTION: Using exercise to retrain the body, improve quality of life, slow progression, and regain independence. Mickey Burke, MS brings with him clinical and research experience from his time spent with the UCSD Movement Disorder Center, specializing in cognition. Mickey graduated from SDSU with a Master of Science in Kinesiology, where his area of study has focused on the gait and balance of individuals with Parkinson Disease. Mickey incorporates mindfulness and cognitive engagement in addition to being certified in Parkinson Wellness Recovery

(PWR!), Rock Steady Boxing, and Brian Grant Foundation Exercise for Parkinson Training. Mickey offers one-on-one wellness sessions and group classes located in Rancho Bernardo, as well as in-home concierge services throughout San Diego. Call/text Mickey at 858.248.6828 or reach out via email at mickey@cerebralmotion.com. See pages 3 and 4 for more information.

“SUMMIT 5K FOR PARKINSON'S”

Summit for Stem Cell is holding a 5k fundraiser, Saturday, October 14th, at the Embarcadero Marina Park South, located at 200 Marina Park Way, SD, 92101.

To sign up, go to: <https://runsignup.com/Race/CA/SanDiego/Summit5KforVictoryOverParkinsons>

For the race website, go to:

<https://runsignup.com/Race/CA/SanDiego/Summit5KforVictoryOverParkinsons>

See Flyer on page 7.

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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, October 28th, 2023 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.

Topic: *Open Discussion*

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, October 11th, 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, October 25th, 1:30 – 3:30pm

(Fourth Wednesday 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: "Parkinson's Aware in Care Kit"

Speaker: Nancy Floodberg, MS

LIVING IN THE SOLUTION

Wednesday, October 18th, 1 – 2:30pm

(Third Wednesday 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, September 3rd, 10th, 17th 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, October 25th, 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/82688727128>

Meeting ID: 82688727128

2. Phone +1.669.90.6833# US (San Jose)

+1.669.444.9171# US

PT. LOMA (LIVE!!!)

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

(Fourth Tuesday 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. Proof of vaccinations/boosters required.

Topic: "Tai Chi & Parkinson's"

Speakers: Susie Edwards & John Don Carlos

Space is Limited. To make a reservation, email

or call: Dolores Cohenour: (619) 560-1935

doloresviolacohenour@gmail.com

SPEAKER SERIES

Wednesday, October 11th, 3 – 4:30pm

(Second Wednesday of each month)

A virtual, topic-specific Speaker Presentation.

Topic: "Moving Forward with DUOPA"

Speaker: Dr. Jason Aldred, MD, FAAN

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#

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](mailto: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

Mondays (live), 11:00am – 12:30P

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

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

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

✓ COVID Hasn't Entirely Gone Away. Here's Where We Stand

https://www.technologyreview.com/2023/07/07/1075979/covid-hasnt-entirely-gone-away-heres-where-we-stand/?utm_source=Facebook&utm_campaign=site_visitor_unpaid_engagement&utm_medium=tr_social&fbclid=IwAR3L9Jn83jjaPGQdhO5cGkltNgWcgbwITzYyji-yoHBFfBWGAzuYu5Jb

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

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

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

National

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 PI, #100

Rancho Bernardo, CA 92128

O: 858.248.6828

mickey@cerebralmotion.com

✓ = 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.*

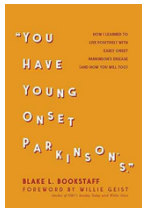


RMS Deluxe SockAid: The device helps individuals put on socks or stockings easily and independently. Ideal daily living aid for those having difficulty bending down, recovering from back, knee or hip replacement surgery or for those with limited mobility. Cost: ~\$15.00.

Available to order through [Amazon.com](https://www.amazon.com).

Parkinson's Hack submitted by John & Tak Byars.

GOOD READS



You Have Young Onset Parkinson's, written by Blake L. Bookstaff, a person diagnosed with YOPD.

Available to order 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

<https://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

eastcountypsq@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

Leader: Jim Paterniti-858.203.3232

jpaterniti@san.rr.com

Speaker Series

Leaders: Nancy Floodberg, Lorenzo Higley, David Miles

SDCCPSG BOARD OF DIRECTORS

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nfloodberg@gmail.com

619.857.6638

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OCTOBER BOARD MEETING

Monday, October 9th, 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 president@sdccpsg.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 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)

“DRAWING SUMMER TO A CLOSE...” Our August Social



Max Adona, Fari Luna, Debbie Jordan



John & Tak Byars



Jesse Luna, Bernie Cohenour, Mike Epstein,
Barbara Kalafer, Jim Fitzpatrick, Dolores Cohenour



ZLAC Rowing Club, est. 1892
(oldest, continuous women's Rowing Club in the world)



Sail Bay, San Diego, CA

August 3, 2023

Caregiver Available

Reliable, caring, caregiver available. Experience with Parkinson's, dementia, Alzheimer's, and hospice. Can provide companionship, bath, dress, prepare meals and more. Available weekdays or weekends.

Contact Alicia Melendrez:

619.601.1181

alicemelendrez1960@icloud.com

“Just one small positive thought in the morning can change your whole day.”

- Dalai Lama

HELPING YOU
LIVE YOUR BEST
LIFE WITH
PARKINSON'S

6th Annual Empowerment Day for Parkinson's



The Parkinson's Association of San Diego
Invites You to a Day Not to Be Missed!

EXPLORE NEW TOPICS

Wednesday, November 29, 2023
7:45 AM – Registration Opens
8:45 AM - 3:45PM - Program

Marina Village Conference Center
1936 Quivira Way
San Diego, CA 92109

Come for a fun day of
learning, sharing and
empowering yourself
and each other.

Cost: \$20 per person
Includes light breakfast and
lunch. Scholarships available!

Registration Opens September 1
Space is limited!

- By Phone: 858-215-2570
- By Mail: Complete the registration form on the back of this flyer.
- Online: parkinsonsassociation.org



Sponsored by
Acadia Pharmaceuticals, Inc.

A cluster of five overlapping circles in various colors (purple, blue, green, yellow, orange) containing text about the event. The largest blue circle at the top right contains the text "SEE FULL AGENDA ONLINE AT PARKINSONSASSOCIATION.ORG" and "LIVE YOUR BEST LIFE WITH PARKINSON'S". Other circles include "GET CONNECTED", "GET MOVING", "CAREGIVER SUPPORT", "COMMUNITY RESOURCES EXPLORE NEW TOPICS", and "EXHIBITOR RESOURCE FAIR".



EMPOWER : MIND : BODY : SOUL

The Parkinson's Association
of San Diego Invites You to
a Day not to Be Missed!

Empowerment For Parkinson's

Registration
opens at 7:30am
\$20/person

Program
November 29, 2023
8:45 AM to
3:30 PM

Marina Village
Conference Center
1936 Quivira Way
San Diego, 92109

Light
breakfast,
buffet lunch
included

To register by mail.

Mail this completed form along with your check
for \$20 payable to The Parkinson's Association
of San Diego to the address below.

Parkinson's Association of San Diego
P.O. Box 1633
Solana Beach, CA 92075

FIRST NAME

LAST NAME

PHONE NUMBER

EMAIL ADDRESS

ZIP CODE



Sponsored by
ACADIA Pharmaceuticals, Inc.



EMPOWER : MIND : BODY : SOUL

Summit 5K for Parkinson's Health & Wellness

Registration is OPEN!

Embarcadero Marina Park South,
San Diego

Saturday, October 14th



**Your support will
help change lives**

The Center for
Parkinson's Health
and Wellness

HELPING understand
what Parkinson's
disease is.

TEACHING how to
manage Parkinson's
disease.

EMPOWERING with
the skills and
resources to LIVE the
best quality of life
possible.



More information:

www.SummitforStemCell.org

Summit is a 501(c)(3)
organization dependent on
charitable contributions.

Tax ID# 47-4279391

BENEFITTING: All proceeds go to Summit for Stem Cell Foundation's newest project: The Center for Parkinson's Health and Wellness Capital Campaign.

EVENT: A 5K. Walk. Run. Move. Music. Fun. Food. Exhibitors. Craft Vendors. Tee-shirt. Medal. Opportunity Drawings.

WHO: Anyone wishing to take an active role in making a difference in the lives of people with Parkinson's disease patients.

WHEN: Saturday morning, October 14, 2023

WHERE: Embarcadero Marina Park South, San Diego. (Near Rady Shell.)

WHAT: To fund the Capital Campaign for the creation of a reliable resource center providing critically needed help for people with Parkinson's disease, their families, and caregivers. Programs designed by leading experts addressing education, information, and activities to name a few examples.

URGENT NEED: 18,000 San Diegans have been diagnosed with Parkinson's. 1 million Americans have Parkinson's disease with 90,000 newly diagnosed annually. The need is great. Physicians, with their busy schedules have little time to educate and answer questions about Parkinson's disease. The Center for Parkinson's can easily provide the answers by providing a learning resource that delivers evidence-based information enabling the ability to separate FACT from FICTION.

Sign-Up Now!

Race Website

GUT-BRAIN HEALTH IN PARKINSON'S DISEASE

**Have you been diagnosed with
Parkinson's disease?**

**Curious about the influence of gut-health
on memory and thinking abilities?**

This study has been approved by the California State University, San Bernardino
Institutional Review Board.

Your participation may involve taking paper-pencil tests of attention and memory,
completing questionnaires, collection of a blood and fecal sample.

Participants will be compensated **\$160** for their time


For more information about the study, and to find out if you are
eligible to participate, please leave a message via:

- call: 909-454-3135 or...
- email: gutbrainstudy1@gmail.com or...
- website: research.buildclinical.com/study/csusb-jones

**Make a day's outing!
Form a group and the study will Uber you up and back.**




Central County Parkinson's Support Groups

October 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|----------|--------|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | <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> | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| |  <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 SPEAKERS' SERIES: "Moving Forward with DUOPA" – Speaker: Dr. Jason Aldred, MD, FAAN. For additional information, contact Nancy Floodberg: nfloodberg@gmail.com 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> |

Central County Parkinson's Support Groups

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|----------|--------|--|
| 15 | 16  | 17 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 | 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 Phone. Zoom | 19 | 20 | 21  Sweetest Day: An original American holiday to remind us that a thoughtful word, deed or small gift enriches the life of the recipient as well as the person giving it. ♥ |
| 22 | 23 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 | 24 10:00am 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. Space is limited. Reservations, proof of vaccinations/booster are required, and masking is recommended when moving within the restaurant. Call or Email Dolores: 619.560.1935, doloresviolacohenour@gmail.com. | 25 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. 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 | 26 | 27 | 28 9:30am SAN DIEGO CHAPTER: WELL SPOUSE DAYTIME VIRTUAL SELF CARE GROUP: "When One Needs Care, Two Need Help." Affiliated with WSA: https://wellsponse.org . Zoom 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. Flyer Zoom |
| 29 | 30 | 31  | | | | |