

# SAN DIEGO CENTRAL COUNTY PARKINSON'S SUPPORT GROUP UPDATE

08/22/2021

## COVID-19 UPDATE FOR PEOPLE WITH PARKINSON'S

Due to an increase in COVID variant activity, coupled with the emergence of post-vaccine or "breakthrough" COVID, the SDCCPSG's Board, at their August meeting, voted to return to an all-virtual meeting format for the remainder of 2021. Information on COVID variants, post-vaccine COVID cases, as well as Parkinson's and the pandemic may be found at the following links:

CA Department of Public Health:

Tracking Variants

[https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-Variants.aspx?TSPD\\_101\\_R0=087ed344cfab200050a94d67b4f2ba4f0e0eb78c820ac883eb6c6eca7438f6faf5ce4e60f22c911081964d1491430000a8fa73adb9340fb6a3c4cc3a44a8d182dc9f17285df98e5f5acf4b7641028d2e9618c9eb3e49795676a03d3b34a6969](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-Variants.aspx?TSPD_101_R0=087ed344cfab200050a94d67b4f2ba4f0e0eb78c820ac883eb6c6eca7438f6faf5ce4e60f22c911081964d1491430000a8fa73adb9340fb6a3c4cc3a44a8d182dc9f17285df98e5f5acf4b7641028d2e9618c9eb3e49795676a03d3b34a6969)

Post-Vaccine COVID Cases

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Post-Vaccine-COVID19-Cases.aspx>

Brain & Life – Living with Parkinson's During a Pandemic:

<https://www.brainandlife.org/articles/living-with-parkinsons-during-a-pandemic/>

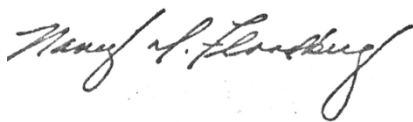
Out of an abundance of caution, and with this information in mind, the SDCCPSG Board has approved the following monthly formats starting August 2021.

### VIRTUAL

- 2<sup>nd</sup> Mon – Board Meeting
- 2<sup>nd</sup> Wed – East County Parkinson's Support Group
- 2<sup>nd</sup> Wed – Speakers' Series
- 3<sup>rd</sup> Wed – Living in the Solution Parkinson's Support Group
- 4<sup>th</sup> Sat – Duopa Support Group (meets quarterly)
- 4<sup>th</sup> Mon – Pt. Loma Parkinson's Support Group

As always, your safety and well-being are of our utmost concern and all decisions will continue to be made with that as our priority.

Sincerely,



Nancy D, Floodberg, MS  
San Diego Central Country Parkinson's Support Group  
<https://www.sdccpsg.org>  
[nfloodberg@gmail.com](mailto:nfloodberg@gmail.com)  
619.857.6638