

# East County Parkinson's Support Group for People with Parkinson's (PwP) Disease & Care Partners

**When:** 12:45-2:15 pm on the 2<sup>nd</sup> Wednesday of the month. Log on anytime after 12:45.

**Where:** Online via Zoom Log on anytime after 12:45 by clicking on the link; below:

<https://us02web.zoom.us/j/82457385641?pwd=UXZIUk1rM0w1aC9ORUFjUjNVdi9RQT09>

Alternatively; using your phone; you may call in on your landline or cell using the meeting ID and passcode listed below. Call 1 669 900 6833 US (San Jose) and use the numbers below to access the meeting's call.

Meeting ID: 824 5738 5641                      Passcode: 203156

One tap mobile                      +16699006833;;82457385641#;;;\*203156# US (San Jose)

**Why:** As we explored support groups; we realized that People with Parkinson's (PwP's) living in the East County needed a group closer to home. We began meeting in person as the East County Parkinson's Support Group (PSG) in November of 2018 until June of 2020. We went online via Zoom to protect our 104 members during the Pandemic.

**What:** Parkinson's Disease offers challenges for Persons with Parkinson's (PwP's; pronounced "pweeps") and Care Partners who love them. Members and Care Partners share their own solutions for living well with this disease of a thousand surprises. We share stories; problems; and solutions AND the knowledge that we are not alone. In the group we are all teachers and; as the saying goes; "When you teach; you learn." Our 1.5 hour monthly meeting begins with introductions and check-ins.

**Additional resources:** Access to the larger Parkinson's support community is also available; shared regularly via e-mail including newsletters; printed materials and presentations on topics from a variety of professionals. These cover a range of educational topics online; available both at your convenience and as scheduled.

**PD nonprofit resources on the web** include the **San Diego Central County PSG** with speakers and support groups – [www.SDCCPSG.org](http://www.SDCCPSG.org) ; the Parkinson's Association of San Diego has a comprehensive set of PD resources on their site including mentors for the newly diagnosed – [www.ParkinsonsAssociation.org](http://www.ParkinsonsAssociation.org) ; the UCSD PSG has a variety of different support groups that meet the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> weeks or the month – [www.Support4PD.org](http://www.Support4PD.org) ; the Parkinson's & Movement Disorders Alliance has a wealth of weekly webinars with expert presentations – [www.PMDAlliance.org](http://www.PMDAlliance.org) . These are only a few of the variety of PD resources serving our PD community.

**For more information; contact:** **Lorenzo Higley** at (619) 447-2855 or via e-mail to [EastCountyPSG@cox.net](mailto:EastCountyPSG@cox.net) or **Fred Gregory** Co-Convenor at [Fred@TeamGregory.com](mailto:Fred@TeamGregory.com) and for help getting Zoom up on your computer; tablet or smartphone call him at (619) 838-0517. To learn how to join a Zoom meeting; click here: <https://support.zoom.us/hc/en-us/articles/201362193>