

# 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, here: Lorenzo Higley is inviting you to a scheduled East County Parkinson's Support Group Zoom meeting.

<https://us02web.zoom.us/j/6471974752?pwd=YjRUaWQ2T2pkelJSZ0k5LzB4b3I3QT09>

Meeting ID: 647 197 4752

Passcode: 787050

One tap mobile

You can also call into the meeting at 1 (669) 900-9128 using the meeting ID# 647 197 4752 and passcode 787050 on your phone, either **using a smartphone with video or landline.**

**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 check-ins using a "Me-Time" agenda.

Know that **we will continue to meet online on the 2<sup>nd</sup> Wednesday of the month from 1:00-2:15 pm** during these challenging pandemic times. **Just click on the link** here to be connected anytime after 12:45 pm. <https://us02web.zoom.us/j/6471974752?pwd=YjRUaWQ2T2pkelJSZ0k5LzB4b3I3QT09> . Alternatively, join the meeting on your phone at 1 (669) 900-9128 using the meeting ID# 647 197 4752 and passcode 787050. No participant ID is needed, just press #.

**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.

**For more information, contact:** Lorenzo Higley at (619) 447-2855 or via e-mail to [EastCountyPSG@cox.net](mailto:EastCountyPSG@cox.net).

**For help getting Zoom up** on your computer, tablet or smartphone **contact:** Fred Gregory at [Fred@TeamGregory.com](mailto:Fred@TeamGregory.com) or his cell at (619) 838-0517.

To learn how to join a Zoom meeting, click here: <https://support.zoom.us/hc/en-us/articles/201362193>

For information about the Zoom control panel at the bottom of your screen, here's a video:

[https://www.youtube.com/watch?v=ygZ96J\\_z4AY](https://www.youtube.com/watch?v=ygZ96J_z4AY)