

SD Parkinson's Community Annual Events

April SD	Parkinson's Association 5K Walk/Run & Health Expo
April	SDCCPSG Spring Luncheon
August	SDCCPSG Summer Potluck
October	PASD Sunset Soiree
November	PASD Empowerment Day
December	SDCCPSG Holiday Party

Member Reflections

"The support group is amazingly informative, helpful, supportive and friendly."

"It's always providing very valuable and pertinent information regarding this challenge. This meeting is worth its weight in gold!"

- Anonymous

"It is an honor to discuss things with such intelligent, caring people. It makes me feel secure."

- Hasmig S.

"Group participation has taught me the ins-and-outs of living with Parkinson's."

"The support group is family to me and, in being a participant, I am not alone."

- John F.

SDCCPSG is proud to partner with the



SD Central County Parkinson's Support Group

Our Purpose

To improve the quality of life of all participants by:

- Providing information to People with Parkinson's (PwP), their care partners, families, friends, and the public;
- Encouraging participants to share their challenges and successes as they learn to live well with Parkinson's.
- Acquainting participants with community resources.
- Supporting scientific research and participation to find a cure for Parkinson's;
- Offering social support and fellowship to all those participating.

Our History We began as three independent support groups, **Pt. Loma**, founded in 2002 by Donne Willett and Lester Cohen, both persons with Parkinson's (PwP), **Minds in Motion (MIMO)**, begun in 2010 by Jim Paterniti and Lester Cohen, also PwPs, and the **Veterans**, started by neuropsychologist Vincent Filoteo, PhD, in 2012.

With a vision of greater resource and service potential, and the North County Parkinson's Support Group as a model, the three groups formed the San Diego Central County Parkinson's Support Group in 2018. The original purpose of the groups remains unchanged.

As SDCCPSG, our support of the Parkinson's Association of San Diego has continued. To become financially self-sufficient, we became our own independent non-profit. We support the work of the Parkinson's Association as a resource to the Parkinson's community throughout the county.

SDCCPSG is a 501(c)(3) non-profit; donations are greatly appreciated and may be deductible.

Welcome to

SD Central County Parkinson's Support Group



Come join us!

- ♦ Educational and motivating programs
- ♦ Sharing of successes and strategies
- ♦ Offering exercise opportunities
- ♦ Social events - large and small
... a caring community

info@SDCCPSG.org

www.SDCCPSG.org

San Diego Central County Parkinson's Support Group

Support Groups

Monthly meetings typically include an educational component followed by time for care partners and people with Parkinson's to meet separately.



Our chapters are highly interactive and organize social, exercise and educational events throughout the year.

Support Group meetings provide a forum for Sharing strategies for coping with Parkinson's, Support research and clinical trials, and promote Friendships to help one another on our Parkinson's journey.

• **Speakers' Series**

Second Wednesday of each month

6:00 - 8:30pm

County of SD Health & Human Services

3851 Rosecrans Street, San Diego 92110

San Diego Room

• **Veterans'**

Third Monday of each month

1:00 - 3:00pm

VA Medical Center

3350 La Jolla Village Drive, La Jolla 92037

Room 2438

• **Pacific Beach**

meets

Third Wednesday of each month

1:00 - 3:00pm

Oakmont of Pacific Beach

955 Grand Avenue, Pacific Beach 92109

Library

• **Point Loma**

Fourth Monday of each month

10:00am - Noon

County of SD Health & Human Services

3851 Rosecrans Street, San Diego 92110

San Diego Room

• **Do You Duopa?**

Fourth Saturday of odd months

2:00 – 4:00pm

Bayside Condominiums

1325 Pacific Hwy, San Diego 92101

3rd Floor Lounge

Physical Exercise Programs

Exercise is critical for a Person with Parkinson's (PwP) in order to maintain both physical and mental fitness. Following are exercise programs available to our Parkinson's community.

Big

Scripps Physical Rehabilitation Services—800.727.4777

UCSD Movement Disorder Rehabilitation—858.543.0333

Parkinson's Group Exercise Class

Mission Valley YMCA – 619.298.3576

Parkinson's "Keep Moving" Exercise Class

Scripps Shiley Sports & Fitness Center—858.554.3488

Movement Foundation Exercise Class

St. Peter's by the Sea Lutheran Church

1371 Sunset Cliffs Blvd., Lizbeth Garces—619.971.3904

Rock Steady Boxing Downtown

4101 30th St., Unit B, Mike Reeder—310.923.5535

SDSU Adaptive Fitness Clinic

5400 55th St., Matt Soto, BS, RKT—619.594.2017

Therapeutic Voice Programs

PwP often experience an ever-quieter voice, difficulty with enunciation and with swallowing. There are several therapeutic voice programs for PwPs and their care partners.

Loud

Scripps Center for Voice & Swallowing

858.626.4444

MusicWorx

Harmonica, AudAbility, Piano, Mindfulness

Lindsay Zehren, MT – 858.457.2200

Speak Out

UCSD Movement Disorder Rehabilitation Team

855.543.0333

Tremble Clefs

Deanna Hastings – 619.363.0814

Newsletter

Our monthly **Newsletter** keeps you up to date on recent events, future programs, medical advances, and exciting research. Each month we offer a Parkinson's Life Hack, Good Read, and In Focus article on a group participant. Available by mail or email.



Resource Guide

Our **Resource Guide** provides important contacts and scheduled events throughout the year. We also publish an annual **Directory**, available to those who wish to be listed.

SDCCPSG Board of Directors

Second Monday of each month

10:00 am - Noon

County of SD Health & Human Services

3951 Rosecrans Street, San Diego 92110

San Diego Room

Contacts

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